

HALIFAX metro

NEWS WORTH SHARING.



DRILLING INTO CONTROVERSY

IN DAY 2 OF OUR THREE PART SERIES, METRO LOOKS AT WHY PROVINCES ARE PUTTING A HOLD ON FRACKING

PAGE 16-17

'You chose to run away'

Halifax officer gets reprimand and fine — but no more — for deserting ship

PAGE 4

Ranting (him) and raving (us)

Rick Mercer says if more of us paid attention to politics, 'there would be hell to pay'

PAGE 20

Navy ship on shelf indefinitely

HMCS Iroquois. Might be too expensive to repair, commander says

The Royal Canadian Navy has lost the use of another air defence destroyer after rust was found in the hull, leaving the fleet further diminished as more than a dozen other vessels undergo maintenance, modernization and repairs.

HMCS Iroquois was tied up in Halifax sometime in mid-April after corrosion was detected in a machinery space in the warship that has also been plagued by structural cracks.

Cmdr. Jay Harwood says the vessel is undergoing an assessment to determine if it needs repairs, what that might cost and whether fixing the 42-year-old ship might prove too expensive before it's due to be decommissioned in the next few years.

"We recognize the need to assess what we're seeing here and make a well-founded

engineering judgment," Harwood, who oversees the fleet's engineering state, said Wednesday in an interview.

Harwood would not specify where the corrosion was found or reveal how extensive it is, saying only that it is in the interior and that a navy dive team had inspected the vessel's underside to make sure it hadn't permeated the hull.

This latest setback removes a vital asset from the fleet and reduces certain critical capabilities, says defence analyst Martin Shadwick.

The destroyers serve as command and control vessels, but are also the only naval ships that have long-range air defence missile systems, he said.

With HMCS Iroquois indefinitely out of commission

Whittling down

17

Out of 33 ships and submarines the Canadian navy has, only 17 are in service or "employable," according to the navy.



HMCS Iroquois THE CANADIAN PRESS

and its sister ship, HMCS Algonquin, undergoing repairs from an accident in February, the navy has only one destroyer at the ready.

It is also without many of its Halifax-class frigates, which are undergoing a lengthy modernization program to add radar and command and control systems, while upgrading radar and missile capabilities.

Shadwick said that could make it difficult to find ships to do fisheries patrols or participate in missions aimed at countering piracy, smuggling or drug trafficking, as well as any unexpected missions.

THE CANADIAN PRESS



SEX ASSAULT TRIAL CONTINUES

Defence lawyer Lyle Howe looks on outside the courtroom Wednesday morning as his trial on charges of sexual assault, and administering a noxious substance, continued. The alleged victim told the court she was afraid of what Howe might do to her if she went to police. Story, page 3 PATRICK MCKENNA/FOR METRO

St. John Ambulance

Be the one to save a life.

www.sja.ca

Actor portrayals.

paralegal

Prepare for a career in law and criminal justice.

SC Success College
Get Ready.

Complete your College Diploma in 60 weeks!

Call or click TODAY!
successcollege.ca
865-8283

policing foundations



RBC Royal Bank



**TO PROVE ALL
BANKS ARE NOT
THE SAME.
AND MAY THE BEST BANK WIN.**

TAKE THE RBC® BANKING STATEMENT CHALLENGE:

You could be saving more, simply by doing your everyday banking with RBC. We're so sure of it, we'll give you a \$50 Visa® gift card, to let us prove it. Just bring us your last monthly bank account statement from your other bank, and we'll find the savings. Challenge us today by booking your appointment. No product purchase required.

NO STRINGS ATTACHED.

Visit a branch, go to rbc.com/get50
or call 1-866-583-9128 to make an appointment.

*The RBC Banking Statement Challenge applies to non-RBC banking statements for your personal, everyday banking accounts, sometimes called a personal chequing account and not to savings accounts. Offer available at participating branches in Nova Scotia, New Brunswick, Prince Edward Island and Newfoundland and Labrador. Client must be 18 years of age. Clients who already have an existing RBC Personal Banking Account are not eligible. Free \$50 VISA gift cards available while quantities last. Limit one gift card per person. Offer ends July 31st, 2014 and may be withdrawn or amended at any time without notice. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. * All other trademarks are the property of their respective owner(s).

Accuser feared he 'would come after me,' court hears



Lyle Howe walks back towards the courtroom on Wednesday during a break in proceedings. PATRICK MCKENNA/FOR METRO

On the docket.

Lyle Howe trial hears from alleged victim for second day



GEORDON OMAND
halifax@metronews.ca

The victim of an alleged sexual assault case involving a Halifax lawyer told a Supreme Court jury on Wednesday she was scared to go to the police because she feared for her safety, worrying the accused would "come after me."

Halifax-based lawyer Lyle Howe pleaded not guilty on Tuesday to charges of sexual assault and issuing a stupefying agent, both stemming from a March 2011 incident involving a then-19-year-old woman.

"I was afraid," said the complainant — now 22 and whose name cannot be published — admitting she worried about what Howe would do when he discovered she had gone to the cops.

She reported being con-

Quoted

"The entire reason I'm going through this is so he doesn't do it to somebody else."

Alleged sexual assault victim during her testimony

cerned enough to ask her boss at one point to move her off the night shift where she worked.

Anxiously fingering a white bead rosary wrapped around her right hand throughout her testimony on Wednesday, the complainant testified she awoke the morning of March 21, 2011, naked and disoriented on the floor of her roommate's bedroom, with "condoms everywhere" and feeling sore in her vagina and anus.

According to the complainant, Lyle Howe and a friend had taken her out for drinks the evening before, then slipped her roofies — a date-rape drug — and sexually assaulted her in her apartment.

"(It was) one of the worst feelings of my life ... waking up the next morning feeling

violated," said the otherwise straight-faced woman through tears on Wednesday.

Besides reviewing text message transcripts, Crown attorneys submitted several additional pieces of evidence on Wednesday, including a semen-stained black blazer allegedly found in the complainant's laundry basket and a series of photographs taken of her apartment.

"We got through a lot of exhibits today," said Crown attorney Dan Rideout.

"A lot of these exhibits will establish timelines and, among other things, objective points of view so the full picture can be in front of the jury at the end of the day."

The complainant will remain on the stand when the trial resumes Thursday morning.

"I think there's a fair amount left to go," said defence attorney Mike Taylor.

"We'll be hearing from several more civilian witnesses and a couple of expert witnesses in toxicology and some forensic biology before we're finished."

1 NEWS

Stolen-car-parts ad on Facebook leads to arrest

Social media has once again helped Halifax police close a case.

A 19-year-old man is facing charges after Halifax Regional Police say stolen car parts were put up for sale on a Facebook discussion page.

"He advertised the parts on a discussion group relating to selling and buying car parts,"

said Const. Pierre Bourdages Wednesday. "Someone recognized these parts as stolen and contacted us."

The parts were reported stolen from Civic Pride Automotive on Bluewater Road in Bedford on April 10. Bourdages said the tipster who contacted police recognized them by their "unique" nature.

Investigators contacted the man who allegedly posted the ad and met with him on Leeds Street in Halifax on Tuesday.

Officers recovered the allegedly stolen car parts at the meeting site and at a residence on Essex Drive in Herring Cove.

Bourdages said it's satisfy-

ing to see social media helping to fight crime.

"It's good use of the available technology," he said. "We have someone that was vigilant looking for almost a month for some parts, and they were able to, when they saw them, contact police and we moved in quickly."

RUTH DAVENPORT/METRO

Charges laid

- Mikael Albert O'Neill is charged with break and enter, possession of stolen goods, trafficking in property obtained by crime and breach of conditions.



WENTWORTH

TOWNHOUSES
TOWNHOUSE CONDOMINIUM
SINGLE FAMILY HOMES

Wentworth is a collection of Halifax's select land parcels sought by discerning homebuyers. Like precious jewels, these properties are few, and they are simply superb. Nestled in deep lots against a natural greenbelt, and wrapped by stunning streetscapes, this harmonious collection of truly unique arts and crafts inspired homes, is simple in elegance and integrated with nature.



PROPERTIESATWENTWORTH.COM 902.496.0916

'I'm being given a second chance'

Lt. Derek de Jong.
Halifax sailor who
deserted ship gets
severe reprimand,
\$5,000 fine

A Royal Canadian Navy officer was given a severe reprimand and a \$5,000 fine Wednesday for deserting his post on a supply vessel after alleging he faced harassment and ridicule.

Lt. Derek de Jong told his court martial that prior to deserting on Sept. 17, 2012, he was subjected to deplorable behaviour that included a female colleague urinating in his cabin. HMCS Preserver was docked at Key West, Fla. when he left the ship.

The defence asked for a reprimand and a fine, while a military prosecutor wanted de Jong reprimanded and demoted one rank to sub-lieutenant.

The maximum sentence for desertion under the National Defence Act is life in

Quoted

"I hope I can re-earn the respect of those appointed under me."

Lt. Derek de Jong

prison, although in this case the prosecution and defence agreed the maximum sentence was five years because de Jong wasn't considered to be on active duty.

Speaking outside court, de Jong said he felt the sentence was just.

"The sentence was very fair ... In fact I feel the courts were more than fair. I had assumed the penalty would be greater than a severe reprimand and \$5,000," he said.

"As the judge said, I'm being given a second chance."

Military judge Col. Michael Gibson agreed with prosecution and defence arguments that a prison term would be too harsh.

He also said it is completely unacceptable for a senior

officer to "pick up their marbles and go home" when confronted with adversity while on duty.

The judge didn't accept the harassment allegations as a mitigating factor in the sentence, saying de Jong could have pursued other methods to resolve his grievances.

"There are many appropriate mechanisms. But you did not engage them or persist in engaging them. Instead, you chose to run away," said Gibson.

During the court martial, defence lawyer Major Sara Collins argued de Jong, 43, had an "impeccable" service record and the unqualified support of his superior officer.

The agreed statement of facts in the case says de Jong signed a letter to his commander on the day of his desertion. It says he had been working in a toxic environment and that he had visited the sick bay and requested to be sent back to Canada for medical reasons.

THE CANADIAN PRESS



Lt. Derek De Jong and his wife, Maria, head out after his court martial on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

Halifax patients warned of possible scabies contraction

Capital Health says nearly 150 patients have been told there is a small risk that they contracted scabies after staying in the Halifax Infirmary.

The health authority said letters have been sent home to 125 patients who were recently discharged from the unit off Robie Street.

It said 19 patients still at the infirmary were notified in person.

The patients were in the same unit as a patient with scabies before they were diagnosed about two weeks ago.

Capital Health said while the risk of exposure to the highly contagious skin rash is low, it was important to warn patients as a precaution.

"As a proactive measure, a decision was made to send care of those letters ... just to be sure that they were aware," said

Treatment

Capital Health said scabies is usually treated with a topical medication.

spokesman Everton McLean.

"We were trying to be proactive to make sure they take care of themselves and ensure they are armed with the

right information."

McLean said 40 staff members reported having scabies-like symptoms, although some have since determined they do not have the skin infection.

Capital Health said it will continue to monitor patients and staff who may have had contact with the mites that cause scabies.

ALY THOMSON/METRO

Found. High-risk patient goes AWOL, discovered later in Lower Sackville

Capital Health says a high-risk patient that left a downtown Halifax hospital without permission on Wednesday has been found.

William Cotton, 45, stays at the QEII Health Sciences Centre's Abbie J. Lane building on Veteran's Memorial Lane and was considered a high risk to the public.

Cotton was found in Lower Sackville around 7:30 p.m., and in a release issued

Unknowns

It's not known how the patient left the hospital and why he was considered a high risk to the public.

about two hours later, Capital Health said he was back in hospital.

No other details were provided. METRO

GET MORE IN A FORD

THE STANDARD FEATURES YOU EXPECT AND SOME YOU DON'T

2014 F-150 XLT SUPERCREW 4X4

LEASE FOR ONLY **\$299*** PER MONTH FOR **24** MONTHS

AT 1.49% APR WITH \$1,950 DOWN.

OFFER INCLUDES FREIGHT AND EXCLUDES TAXES.

CANADA'S BEST-SELLING TRUCKS[†] FOR 48 YEARS

STANDARD

- 5.0L V8
- 360 HP
- 380 LB-FT TORQUE

Unlock More. Only at your Atlantic Ford Store. See atlanticford.ca for details.

Go Further

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Uplift Program or the Commercial Fleet Incentive Program (CFIP). *Until June 30, 2014, lease a new 2014 Ford [F-150 XLT SuperCrew 4x4] for up to 24 months and get 1.49% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease [F-150 XLT SuperCrew 4x4] with a value of \$29,858 (after \$1,950 down payment or equivalent trade-in, \$8,500 manufacturer rebates, and \$1,200 Ford Credit Cash deducted including freight and air tax of \$1,800) at 1.49% APR for up to 24 months with an optional buyout of \$22,363, monthly payment is \$299, total lease obligation is \$9,126, interest cost of leasing is \$730 or 1.49% APR. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Lease offer excludes options, license, fuel fill charge, insurance, dealer PDI, administration fees, and any other applicable environmental charges/fees and taxes. Some conditions and mileage restriction of 40,000km for 24 months apply. Excess kilometre charges are 16¢ per km for F-Series, plus applicable taxes. Excess kilometre charges subject to change, see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. †F-Series is the best-selling pickup truck in Canada for 48 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales reports, up to December 2013. ©2014 Ford Motor Company of Canada, Limited. All rights reserved.

See this city like never before

Experience Halifax and Dartmouth. About 145 local businesses taking part in Open City 3.0



ALY THOMSON
halifax@metronews.ca

It's a chance to be a tourist in your own town.

About 145 local restaurants,

retailers and museums will be offering up various incentives and activities this Saturday to entice HRM residents onto the peninsula for Open City 3.0.

Event founder Gordon Stevens said the unique-to-Halifax festival, now in its third year, seeks to lure Haligonians to explore and experience the city.

"What we want is to make sure that all the people that live here have as much knowledge about the city so that when visitors come in the

Go ahead, take a staycation



"We never take the opportunity to be tourists in our own town, so part of it is that." Open City founder Gordon Stevens

summer, they can be great ambassadors," said Stevens, who founded I Love Local Halifax.

About 45 restaurants will once again be offering up food as part of a "back-door take-out" menu, one of the festival's

most successful aspects, said Stevens.

"Whether it's actually out the kitchen door or out on the sidewalk in front of their restaurant, there will be food from breakfast until night,"

said Stevens.

"You can eat your way across the city and over to Dartmouth."

It's the first year, he added, that the event is spilling across the harbour into the City of Lakes.

Stevens said there's plenty for everyone, including free admission to art galleries and museums and live entertainment across the city.

Down at Bishop's Landing, the Halifax Press food truck

will be offering up a selection of their specialty sandwiches.

It's not only Halifax Press owner Jill Johnsrude's first Open City, it's also the grand opening of her new business.

"It's going to be our big coming-out party," said Johnsrude, touting her That Dutchman's gouda cheese sandwich with maple roasted sweet potatoes, Propeller Porter caramelized onions and walnuts.

"We're coming out with a bang."

N.S. in the spotlight as The Book of Negroes goes from page to small screen

Extras wait between takes on the Shelburne waterfront during filming of The Book of Negroes on Wednesday. The miniseries is filming in various locations around Nova Scotia, including Shelburne, and will air in 2015.

JEFF HARPER/METRO



3% increase

Most NSCC program tuitions going up

The Nova Scotia Community College has adopted a three per cent tuition increase for most of its programs in 2014-15.

NSCC president Don Bureaux states in a release the increase will be, on average, less than \$100.

Tuition for a full-time student in a core program will rise to \$3,040 from \$2,950 while the cost of an Advance Diploma changes to \$4,650 from \$4,515.

Academic and Career Connections programs increase to \$1,255 from \$1,220, and international fees will rise to \$9,800 from \$9,515.

Health Information Management, Recording Arts and Aviation programs are exempt from the increase.

METRO

June 21, 2014 Alderney Landing

ENERGY 103.5 HARBOURJAM

90's AND NOW

HARBOURJAM IS MORE THAN JUST A CONCERT. IT'S THE START OF SOMETHING NEW!

February. Students submit possible names for new holiday

Students from across Nova Scotia have submitted 75 suggestions on what to name the province's new holiday in February.

Primary to Grade 12 classes were invited to submit ideas for a general, permanent name for the holiday, as well as suggestions for significant cultural and historic events that will be recognized each year.

The holiday's permanent name and the next 12 historic and cultural contributions will be announced by a three-member panel by the end of the school year.

The first February holiday in 2015 will recognize human rights pioneer Viola Des-

A special day

Beginning in 2015, the holiday will fall on the third Monday in February.

mond, a black woman who was jailed and fined in 1946 for refusing to give up her seat in the whites-only section of a New Glasgow, N.S., theatre.

Advanced Education Minister Kelly Regan says the holiday will be used to highlight the many people, places and things that make up Nova Scotia's diverse culture and history.

THE CANADIAN PRESS



A Via Rail train in shown on the tracks in Halifax in 2008. ANDREW VAUGHAN/THE CANADIAN PRESS

Education policy. Panel reaching out to N.S. communities

A panel studying the future of education in Nova Scotia will be fanning out across the province Thursday to hold four separate events with students, parents, business leaders and community groups.

The Minister's Panel on

Education says it wants all Nova Scotians to get involved in shaping education policy.

Panel chairwoman Myra Freeman and panel member Mike Henderson plan to visit students at Prince Andrew High School in Dartmouth.

THE CANADIAN PRESS

Theft issue

Police warn boat owners

Halifax police are reminding local boaters that thieves can strike even during the off season.

Police say four boats being stored at Purcells Cove Marine Ltd. were broken

into earlier this week, with numerous items stolen.

Investigators say it appears the culprits got into the boats by cutting the winter plastic wrap covering. Police don't have a description of the suspects.

They're reminding boaters to remove all valuables from your boat and to make regular checks. METRO

Direction 32. Federal directive requires rail carriers to notify Halifax about dangerous goods after they've passed through the city



RUTH DAVENPORT
ruth.davenport@metronews.ca

HRM's Emergency Measures Office co-ordinator says he can use information about dangerous goods passing through the city whether he gets it before the goods arrive or after they've left.

Barry Manuel made a short

Quoted

"It would be nice to know in advance, but the way we're going to actually respond ... is very similar with any chemical or any kind of dangerous good."

HRM EMO coordinator Barry Manuel

On getting information about dangerous goods after they've left the city

presentation to the municipal Transportation Standing Committee on Wednesday on the new federal directive governing the transportation of dangerous goods by rail.

Direction 32 was issued after the deadly derailment and explosion of 63 tank cars in Lac-Mégantic, Que. last July. It requires HRM must receive a yearly aggregate report on the volume and nature of danger-

ous goods being transported by rail.

Committee members were puzzled by the fact the city will get the information after the goods have come and gone.

"It appears to be counter-intuitive," said Coun. Reg Rankin. "Wouldn't it be more optimal ... to have advance knowledge of the degree of volatility and what are the possibilities that are inherent in

what is being transported?"

Manuel told the committee getting information after the fact still allows for "emergency planning for unknown events."

Manuel said the response to a dangerous goods event is similar regardless of the substance involved.

He said first responders know within minutes what they'll be working with and adapt accordingly, as they did when cylinders containing radioactive material were dropped at the Port of Halifax in March.

"I'm very comfortable with the processes we have in HRM to respond," he said. "The product, the reason is not always as important as the fact there's a process."

2013
BETWEEN: SUPREME COURT OF NOVA SCOTIA
MCAP Service Corporation, a body corporate
- and -
Brian Michael Bregante
NOTICE OF PUBLIC AUCTION
To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:
PROPERTY:
Building, lands and premises known as 3 Power Street, Dartmouth, Nova Scotia, identified by PID 226324 and more fully described in Schedule "A" of the mortgage dated July 9, 2004 and recorded at the Halifax County Land Registration Office on July 14, 2004 at Book 7795, Page 368, Document No. 75872763. This property is registered pursuant to the Land Registration Act.
A copy of the description of the property, as contained in the mortgage foreclosed, are on file at the Sheriff's office and may be inspected during business hours.
Date of Sale: Wednesday, May 14, 2014.
Time of Sale: 10:30 a.m. local time.
Place of Sale: Offices of Cox & Palmer, 1100-1959 Upper Water Street, Halifax, Nova Scotia.
Terms: Ten per cent (10%) deposit payable by cash, certified cheque or Solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.
Signed April 9, 2014.
Nicholas C.G. Mott
COX & PALMER
1100-1959 Upper Water Street
PO Box 2380 Central
Halifax, NS B3J 3E5
Solicitor for the Plaintiff
Stephen Kingston, Barrister
McInnes Cooper (Halifax Office)

TOP
SIX@6
Weeknights at 6 KB counts down the HOTTEST songs of the day
6 Eminem ft Nate Ruess
Headlights
5 Demi Lovato
Neon Lights
4 Avicii
Hey Brother
3 Jason Derulo ft 2 Chains
Talk Dirty
2 Pitbull ft GRL
Wild Wild Love
1 John Legend
All Of Me
1913TheBOUNCE.com | info@1913thebounce.com

PUT THE
SMART
BACK IN
YOUR
PHONE...
Download the FREE
Metro app today!
metro

porter
flying refined

Stephenville is waiting for you.

Now you can fly direct from Halifax to Stephenville. Enjoy Porter service, including complimentary snacks and drinks – always at competitive prices. Service begins June 28.



Book online, call 1-888-619-8622 or contact your travel agent. TTY – Dial "711".

flyporter.com



Save on air & hotel packages at porterescapes.com**

** Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.



Coupland's honour is selfie-explanatory

Author Douglas Coupland snaps a selfie as he is made an Officer of the Order of Canada by Governor General David Johnston during a ceremony at Rideau Hall in Ottawa on Wednesday. The selfie was later posted on Coupland's Twitter feed. SEAN KILPATRICK/THE CANADIAN PRESS; INSET: TWITTER

Is Ford getting help, or was he getting Timbits?

Rob & Doug McFrenzy. Storm of speculation about whereabouts of Toronto mayor fuelled by student's alleged doughnut-shop sighting



JESSICA SMITH CROSS
Metro in Toronto

Grade 11 student Cayla Clarkson says she didn't know Rob Ford was supposed to be in rehab when she spotted him in a Tim Hortons parking lot and tweeted about it on Tuesday — fuelling the storm of speculation about the mayor's whereabouts.

Clarkson said she saw Ford



Toronto Mayor Rob Ford
CHRIS YOUNG/THE CANADIAN PRESS

get out of his car and walk into the doughnut shop in Toronto wearing a "full black suit" and walk out again wearing a grey sweatshirt.

"He opened the door to the backseat of his car," said Clarkson. "I had my phone out because I was going to take a

picture and he looked at me, like he did not seem happy, he didn't seem pleased. So I just put my phone down.

"When he closed his door, he sort of looked at me again, did a once-over, and that's why I walked away," she said. "I just felt a little uncomfortable."

Doug Ford told reporters at city hall Wednesday it was actually him at the Tim Hortons, and he'd stopped by on his way to council to take pictures with people and hand out T-shirts.

"I think he's just trying to cover for his brother," Clarkson said. "He said he was handing out T-shirts and taking pictures, but I did not see him handing out T-shirts or taking pictures at all. He wasn't interacting with anybody, I didn't seem him talking to anyone," she said.

International review

Global study to look at Canada's polar bear trade

Environment Minister Leona Aglukkaq says she is confident that a new international review of Canada's trade in polar bear parts will reaffirm this country's conservation of the species.

The Convention on International Trade in Endangered Species will look at the practices of all five polar bear range states, although Canada is the only country that permits commercial trade in polar bears.

THE CANADIAN PRESS

I am your robber

Cops to suspect: I have you now

Vancouver police didn't travel to a galaxy far, far away to arrest Darth Vader.

Sgt. Randy Fincham says police responded Tuesday to a robbery involving a suspect wearing a Vader mask. The victim was unhurt, but her attacker escaped with a small amount of cash.

A 911 call led police to a suspect, who was not far away and still wearing the mask. THE CANADIAN PRESS

Man's best bud. B.C. tops list for marijuana-related insurance claims for pets

It seems our furry friends are living the high life in B.C. — but not in a good way.

B.C. ranks No. 1 in North America for the most pet insurance claims relating to marijuana toxicity, according to new data from pet insurance provider Trupanion.

Over the past two years, Trupanion has paid \$22,500 in insurance claims to pet owners in B.C., almost half of the total \$54,000 paid across the U.S. and Canada, spokeswoman Britta Gidican told Metro.

California and Washington ranked second and third on the list of 10 regions across North America, while Alberta and Ontario came in fourth and sixth,

respectively.

Dr. Kathy Kramer, a veterinarian at the Vancouver Animal Wellness Hospital, said she wasn't surprised to see B.C. top the list.

"Marijuana here is just so prevalent," she said. "You can get it legally, you can get it illegally just about anywhere in the city."

Although medical marijuana use for pets is a growing trend in Vancouver, Kramer said the high rates of pet insurance claims relating to marijuana toxicity in B.C. are usually the result of animals accidentally consuming their owner's marijuana.

THANDI FLETCHER/METRO IN VANCOUVER



B.C. bud from a Vancouver dispensary. METRO FILE

Jumpstart

Giving YOU a sporting chance.

Up-to-date scores

Canada

TOP 5

- 1

178 points

Saudah-Toronto
- 2

155 points

Niramay-Toronto
- 3

141 points

Phally-London
- 4

131 points

Ritik-Vancouver
- 5

129 points

Salvatore-Toronto

See this symbol? You can scan the photo above with your Metro News app to play the game. The top 5 winners in Metro will be contacted by May 16th and will win a Canadian Olympic Committee blanket. Subject to terms and conditions outlined in game. QC not eligible.

Thursday, May 8
**TODAY
ONLY**

*In store and at thebay.com with
free online shipping over \$99*

See below for details.

50% off

Women's tops

by LORD & TAYLOR, STYLE&CO.,
DEX, JONES NEW YORK,
ALLISON DALEY, CHAPS,
I.N.C INTERNATIONAL CONCEPTS,
KAREN SCOTT and more

From left to right:

Jones New York Reg. \$79 Sale \$39.50,

DEX Reg. \$34 Sale \$17, Lord & Taylor



424 Fifth Reg. \$79 Sale \$39.50.

See below for exclusions.



Mother's Day is Sunday, May 11

HUDSON'S BAY

*Be the first to know about our
One Day Sales. Sign up at
thebay.com or follow us on:*  



\$10 Canada sunglasses

One third of the proceeds from each pair of
Canada sunglasses supports our athletes
through the Canadian Olympic Foundation.

Exclusively ours



No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details.
Women's tops exclude jackets, blazers, The Room, TOPSHOP, Lauren Ralph Lauren and items with 99¢ price endings. Other exclusions apply. See store for details. **FREE SHIPPING:** Receive free standard shipping on a total purchase amount of \$99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping.
Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.

Northeastern Nigeria. Extremist Islamic group kills hundreds of people

Islamic militants who have triggered international outrage over the kidnapping of more than 270 Nigerian schoolgirls opened fire on a busy marketplace, killing hundreds in a new spasm of violence in the country's northeast.

The attack escalates Nigeria's growing crisis from a campaign of bombings, massacres and abductions being waged by the Boko Haram terrorist network in its campaign to impose an Islamic state in Nigeria.

As many as 300 people were killed in the assault late Monday on the town of Gamboru Ngala on Nigeria's border with Cameroon.

The extremists opened fire on a marketplace bustling with shoppers, then rampaged through the town for 12 hours, setting houses ablaze and shooting those who tried to escape.

The attack and hundreds of casualties were confirmed by

Extremist violence

"Now all Nigerians feel they are involved. Civil society is beginning to coalesce over the plight of the kidnapped girls and in opposition to the violence by Boko Haram and to abuses committed by the military."

Elizabeth Donnelly, Nigeria Analyst at the Chatham House

Borno state information commissioner Mohammed Bulama.

Boko Haram has tried to root out Western influence by targeting schools, as well as attacking churches, mosques, government buildings and security forces in the country of 170 million, divided between a predominantly Christian south and Muslim north.

THE ASSOCIATED PRESS

Pentagon. U.S. offers aid of some troops, experts

The Pentagon is sending fewer than 10 military troops to Nigeria as part of the U.S. effort to help find nearly 300 girls kidnapped by the Islamist extremist group Boko Haram.

A Pentagon spokesman says officials have no plans now to launch any military operations. Pentagon spokesman Col.

Steve Warren says the troops will be arriving in a few days as part of the larger U.S. assistance team to include State Department and Justice Department personnel.

The military members will help with communications, logistics and intelligence planning. THE ASSOCIATED PRESS

Canada pledges to help find kidnapped girls

'Repugnant act.'

Foreign Affairs Minister John Baird said that the Canadian government will supply Nigeria with surveillance equipment

In the messy world of competing international interests, Foreign Affairs Minister John Baird decided Wednesday that the fate of hundreds of abducted teenage girls in Nigeria would come before all else.

Baird pledged Canada's unwavering support to help free the female students abducted by Islamic extremists, a tragedy that has now gripped the world.

Canada will supply surveillance equipment to help Nigeria find the girls, even though it has long-standing concerns about the country's human rights record, the Harper government said Wednesday.

Baird added that loans of Canadian military hardware to Nigeria would be accompanied by Canadian military personnel to operate it.

"We obviously would have concerns, with Nigeria, with their human rights record and many issues," he said.

Without mentioning it specifically, Baird appeared to be referencing Nigeria's relatively new law that further criminalizes homosexuality.



Women attend a demonstration Tuesday calling on the government to rescue the kidnapped school girls, outside the defense headquarters in Abuja, Nigeria. SUNDAY ALAMBA/THE ASSOCIATED PRESS

The kidnappers

Islamic extremist group Boko Haram — which in English translates to "western education is sinful" — is holding hostage 276 female students from the Chibok girls' school.

- Nigeria has been fighting Boko Haram's Islamic up-

rising for five years, during which time it has claimed the lives of thousands of Muslims and Christians.

- Boko Haram wants to impose an Islamic state in Nigeria even though half of the country's 170 million citizens are Christians.

THE CANADIAN PRESS

Credit Issues?
WE CAN GET YOU PRE APPROVED
TODAY!

For more information visit our website:

www.preapprovednovascotia.ca

PRE
Approved
NOVASCOTIA

Today Only!

Thursday May 8th

40% OFF

Entire Store!

Bluenotes'

bluenotes.ca

In-store & Online

*Offer valid at all Bluenotes locations, excluding outlets. See store for details.

CHAIN LAKES
902-876-8904

HALIFAX SHOPPING CENTRE
902-453-2626

MIC MAC MALL
902-469-4929

Putin says troops pulled back, wants referendum postponed

Ukraine crisis. Pro-Russia militants say they will carry out planned vote Sunday

Russia has pulled back its troops from the Ukrainian border, Vladimir Putin told diplomats Wednesday as he urged insurgents in southeast Ukraine to postpone their planned referendum Sunday on autonomy.

In a Moscow meeting with Swiss president Didier Burkhalter, Putin said the Russian troops have been pulled back to their training grounds and locations for "regular exercises," but didn't specify whether those locations were in areas near Ukraine.

Putin also called on Ukraine's military to halt all operations against pro-Russia activists who have seized gov-



A bouquet sits atop the burnt-out shell of a car at a location where clashes between pro-Russia gunmen and the Ukrainian army took place, north of Sloviansk, Ukraine, Wednesday. MANU BRABO/THE ASSOCIATED PRESS

ernment buildings and police stations in at least a dozen towns in eastern Ukraine.

Ukraine launched a government offensive late last week to

take back buildings and towns under control of the insurgents. At least 35 people, including many rebels, have died in that offensive, the government said.

Many had feared that Sunday's vote on more autonomy would be a flashpoint for further violence between the rebels and Ukrainian troops in

the east. Despite Putin's comments, pro-Russia militants said they would still carry out the referendum on Sunday.

THE ASSOCIATED PRESS

Taking a toll

Sanctions hurting Europe?

Sanctions against Russia are taking a toll in Europe as well, figures showed Wednesday.

Treasury Undersecretary David Cohen, in Paris as part of the Obama administration's push to bolster European support for broader sanctions, acknowledged that the measures are also inflicting pain on companies in the United States and especially Europe, whose banks and energy firms have deep Russian interests.

THE ASSOCIATED PRESS





An event for the artist in all of us

ARTIST FOR A DAY

Come make art with us during I♥LOCAL – Open City

Saturday, May 10, 10 am – 4 pm

**NSCAD's Port Campus
1107 Marginal Road, Halifax**



TD

Financial Services



DOWNTOWN HALIFAX



Gordon Stirrett

WEALTH MANAGEMENT



DEMCO

ENCLOSURES INC.



HALIFAX

COMMUNITY



HEINZ JORDAN



Halifax seaport



ViewPoint

REALTY



Waterfront

DEVELOPMENT



The Coast

HALIFAX GROUP

Opponents of abortion can't run as Liberals

Justin Trudeau. It's a pro-choice party; they don't want the debate reopened; sitting anti-abortion MPs will be allowed to run

Justin Trudeau says opponents of abortion need not apply to run for the Liberal party in the next election.

And if they do apply, the Liberal leader says they'll be weeded out during the vetting process for nomination applications.

Trudeau says the Liberals now support abortion rights and all candidates in the next election will be expected to



Liberal leader Justin Trudeau during question period. THE CANADIAN PRESS

who became MPs before the party officially adopted a pro-choice stance, such as such as Toronto MPs John McKay and Judy Sgro. Their beliefs will be "respected to a certain extent," Trudeau said, "but our position as a party is we do not reopen that debate."

Until two years ago, Liberals did not have a party position on abortion, considering it a matter of conscience.

As a result, MPs opposed to abortion formed a vocal minority in the Liberal caucus. "As a party, we are steadfast in our belief ... that it is not for any government to legislate what a woman chooses to do with her body, and that is the bottom line there," Trudeau said.

THE CANADIAN PRESS

adhere to that position.

However, he says an exception is being made for incumbent opponents of abortion



Scan this and watch a ROM expert on their whale bone recovery project

"There's nothing on Earth that I've ever encountered that smells worse than a dead whale." Scan the photo above with your Metro News app to watch a video of the Royal Ontario Museum's Mark Engstrom discussing how the museum's whale bone recovering project will work — and likely take two years to complete. The museum in Toronto will help preserve the skeletons of two beached blue whales that washed ashore on the west coast of Newfoundland, including the rotting blue whale seen here on the shore in Trout River, N.L. in this April 27 photo. HO - NTV NEWS, DON BRADSHAW FILE/THE CANADIAN PRESS

ANNIVERSARY SALE

THE
BIGGEST
SALE
OF THE YEAR



Blinds, Shades, Shutters, Drapes & More!

THE MORE
YOU BUY,
THE MORE
YOU SAVE!

CONTACT YOUR LOCAL STYLE CONSULTANT FOR DETAILS ON SPECIAL OFFERS IN YOUR AREA.*

ADD STYLE TO YOUR SURROUNDINGS.
BUDGET BLINDS MAKES IT EASY!

- 1 EXPLORE YOUR CHOICES
- 2 PROFESSIONAL MEASURING
- 3 PROFESSIONAL INSTALLATION
- 4 BEST WARRANTY IN THE INDUSTRY

SCHEDULE A COMPLIMENTARY IN-HOME CONSULTATION TODAY!

www.budgetblinds.ca | 1-877-758-4929

Canada's #1 choice for window coverings.

*Applies to selected Signature Series® window treatments by Budget Blinds®. At participating franchises only. Some restrictions may apply. Ask for details. Not valid with any other offers, discounts or coupons. Valid for a limited time only. Offer good at initial time of estimate only. ©2014 Budget Blinds, Inc. All Rights Reserved. Budget Blinds is a trademark of Budget Blinds, Inc. and a Home Franchise Concepts Brand. Each franchise independently owned and operated.

Lhokbani, Indonesia. Alleged rape victim faces court-ordered beating

An Indonesian woman who was gang-raped may be caned publicly for violating Islamic law, an official said Wednesday.

The 25-year-old widow said she was raped by eight men who allegedly found her with a married man in her house. The men reportedly beat the man, doused the two with sewage, and then turned them over to Islamic police.

The head of Islamic Shariah law in the district, Ibrahim Latief, said his office has recommended the widow and the married man be caned nine times for violating religious

law, pending an investigation. Latief contended they violated Shariah law by being in the same room together. He said they also admitted they had sex earlier.

Indonesia has a policy of secularism but allows Aceh, a predominantly Muslim province on the northern tip of Sumatra, to implement a version of Sharia Islamic law.

Police have arrested three of the eight men and are hunting for the others. The criminal charge of rape carries a maximum penalty of 15 years.

THE ASSOCIATED PRESS

Providence, R.I.

Fallen acrobats may never walk again

Two women among eight who fell during a circus performance in Rhode Island have spinal cord injuries and time will tell whether they will walk again.

Their neurosurgeon says the two can feel their legs but have only limited movement. It may be a year or two before it's clear whether they'll heal completely and walk again.

Doctors say all of the acrobats will require physical therapy. THE ASSOCIATED PRESS

Help slow to arrive to remote disaster zone

Abi Barik, Afghanistan. President pledges to help province rebuild following devastating mudslide

Afghan President Hamid Karzai on Wednesday toured the site of last week's horrific landslide in the country's remote northeast, pledging to provide relief to families displaced by the disaster that killed hundreds of people.

Karzai's office said he met the victims in the village of Abi Barik in Badakhshan province, where around 700 families were forced to flee their homes due to the possibility of further landslides and flooding.

During the visit, Karzai spoke with villagers being



A child plays near the site of Friday's landslide that buried the village of Abi Barik in Badakhshan province, northeastern Afghanistan, Wednesday. THE ASSOCIATED PRESS

housed in tents and also promised to rebuild homes for the landslide's survivors.

Aid groups and the government have rushed to the remote province bordering Tajikistan and China with

food, shelter and water. But those affected have complained that help has been slow to arrive.

Authorities have yet to provide an exact figure on the number of people killed

in the May 2 landslide, and estimates have ranged from 250 to 2,700. Officials say it will be impossible to dig up all the bodies buried deep under a sea of mud.

THE ASSOCIATED PRESS



Enjoy an unbeatable offer until May 31 only!

THE 2014 SPRINTER 2500 144" CARGO VAN*. TOTAL PRICE: \$39,900*

Starting at	Includes	Lease APR	Lease Payment	Includes
\$36,650*	\$3,250	or 3.99%	\$399**	\$3,250
Purchase Price	Cash Discount	60 Months	\$2,150 Down	Discount

*Taxes extra

PLUS RECEIVE

3 years no-charge
scheduled maintenance¹

When you lease or finance

Highway

7.7 L/100 km[†]

SPRINTER



Mercedes-Benz

O'Regan's Mercedes-Benz, 3585 Kempt Rd., 453-2300, oregans.mercedes-benz.ca

© 2014 Mercedes-Benz Canada Inc. 2014 Sprinter 2500 144" Cargo Van / 2014 Sprinter 2500 144" Passenger Van with High Roof / 2014 Sprinter 2500 144" Cargo Van with High Roof shown, national MSRP \$39,900 / \$49,800 / \$42,400. *Cash purchase price of \$36,650 includes MSRP of \$39,900, after a \$3,250 cash incentive. Taxes extra. **Lease offers based on the 2014 Sprinter 2500 144" Cargo Van available only through Mercedes-Benz Financial Services (MBFS) on approved credit for a limited time. Lease example based on \$399 per month for 60 months which includes a \$3,250 discount off MSRP of \$39,900. Down payment or equivalent trade of \$2,150 and applicable taxes due at lease inception. Freight/PDI, dealer admin fee and air conditioning levy are additional. Licence, insurance, registration, fees and taxes are extra. \$3,250 discount is only available for 2014 Sprinter Vans. Total obligation is \$41,650 which includes an end of lease residual value of \$15,560. Offers may change without notice and cannot be combined with any other offers. Offers only apply to vehicles in inventory. ¹ 3 years of scheduled maintenance covers the first 3 factory-scheduled maintenance services or 3 years, whichever comes first. Scheduled maintenance interval for model year 2014 Mercedes-Benz Sprinter is the earlier of 1 year or 25,000 km. The specific maintenance services included are as described in the applicable Owner's/Operator's Manual and Service/Maintenance Booklet. Offer is non-transferable, non-refundable and has no cash value. Only applicable on lease and finance offers. Certain limitations apply. See O'Regan's Mercedes-Benz for details. Mercedes-Benz for details. Offers end on May 31, 2014. Offers may be withdrawn without notice. [†] Based on Greenhouse Gas Emissions Standard Testing of 2014 model year Sprinter 2500 cargo van, 144" wheelbase, standard roof, at 50% load capacity, and at highway speeds according to the standards of the "CONTROL OF EMISSIONS FROM NEW HEAVY-DUTY MOTOR VEHICLES [Title 40 Code of Federal Regulations - Part 1037]" as conducted by Mercedes-Benz in September 2013. Fuel efficiency test results determined using Government of Canada approved test methods are not available.

Vanity plates free speech, U.S. court rules

New Hampshire. Lawyers argued COPS-LIE plate is a viewpoint that should not be regulated by the government

If a New Hampshire man thinks cops lie, he's free to

say so on his licence plate, the state's highest court ruled Wednesday.

In a unanimous decision, the state Supreme Court agreed with the arguments of David Montenegro, who wanted the vanity plate reading "COPS-LIE" to protest what he calls government corruption.

State law prohibits vanity plates that "a reasonable

What's in a name?

David Montenegro — who in 2012 legally changed his name to "human" — said he thought police officers who might pull him over and have to type "COPS-LIE" into their computers would amount to "the perfect situational irony."

person would find offensive to good taste." But the New Hampshire Civil Liberties Union argued that the law is unconstitutionally vague and

gives too much discretion to a person behind a Department of Motor Vehicles counter.

New Hampshire had argued that state workers

were right to deny the plate, because the phrase disparages an entire class of people — police officers. The justices said that state law does not define the phrase "offensive to good taste."

"The restriction grants DMV officials the power to deny a proposed vanity registration plate because it offends particular officials' subjective idea of what is

'good taste,'" the court wrote. The decision states the law is unconstitutionally vague and violates free speech rights.

"So if a person at DMV agrees with the sentiment, he gets the plate?" Chief Justice Linda Dalianis asked during spirited arguments in November about whether a plate reading "COPS R GR8" would be approved.

THE ASSOCIATED PRESS



Pistol-packin' papa

Gun rights advocates Nicolas Crawford, packing a gun on his hip and his son Judah in his arms, and fellow Nebraskan Caleb Kalisch discuss "conceal and carry" and "open carry" gun rights with a small group of supporters Tuesday at a restaurant in Ashland, Neb.

GWYNETH ROBERTS-LINCOLN JOURNAL STAR/THE ASSOCIATED PRESS

Since the Big Bang. New simulation best map yet to evolution of universe

Scientists have come up with the best computer model yet of the universe.

This new virtual cosmos created by U.S., German and English researchers includes details never before achieved in a simulation. Called Illustris, the numerical-based model covers the 13 billion-year evolution of the universe beginning just 12 million years after the Big Bang, or creation. And it accurately depicts the distribution and composition of various types of galaxies.

Illustris was developed by a team led by astrophysicist Mark Vogelsberger of Massachusetts Institute of Technology. It's described in Thursday's issue of the journal Nature.

The Illustris creators say it



This image shows dark matter density overlaid with the gas velocity field in a simulation of the evolution of the universe since the Big Bang. COURTESY ILLUSTRIS COLLABORATION/THE ASSOCIATED PRESS

represents "a significant step forward in modelling galaxy formation." They attribute their success to advanced computer power.

THE ASSOCIATED PRESS



RBC Royal Bank



Now you can save like an RBC® employee².

Get the same great mortgage rate as our employees, complete with our flexible prepayment options and expert advice³.

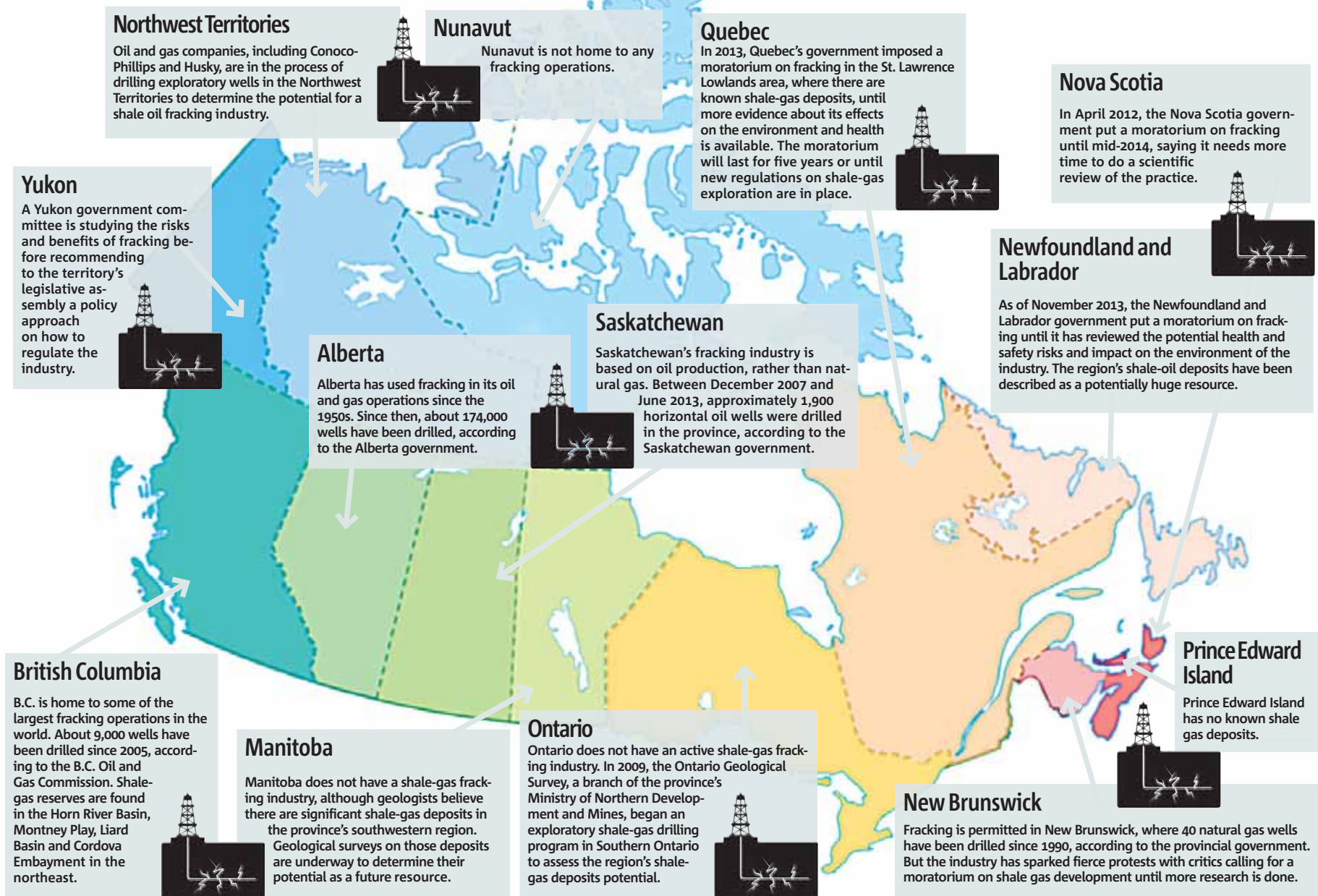
Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420 rbc.com/employeemortgage

1. Eligible mortgage applications must be started on or after April 28, 2014, and last day to apply is June 6th 2014. Rate commitment is a maximum of 120 days from the start of the application at which point the interest rate guarantee expires. 2. Offer not available for construction draw mortgages or for any amendment to an existing mortgage with Royal Bank of Canada, including a portability transaction or an advance of additional funds or a renewal. This offer may be withdrawn at any time without notice. Offer limited to 4 and 5 year fixed term closed residential mortgages and to eligible applicants only. Subject to Royal Bank of Canada lending criteria for residential properties. Offer cannot be combined or used in conjunction with any other special offers. Other terms and conditions may apply. 3. Employee Rates are discounted rates and are not the posted rates of Royal Bank of Canada. Employee Rates may be changed, withdrawn or extended at any time, without notice. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are trademarks of Royal Bank of Canada.

Tracking Canadian fracking

Metro's look at the controversial practice of fracking continues with Day 2 of our three-day feature. While it's booming in B.C., other provinces have been more cautious, imposing moratoriums until there's more evidence on its health-and-safety effects. Many countries, including France and Germany, have also imposed bans or moratoriums on fracking.

THANDI FLETCHER, METRO IN VANCOUVER



The industry

Concerns and safety

After nearly a decade on the inside of what was once B.C.'s largest natural gas company, Robert Falls is well aware of some people's wariness of the oil and gas industry.

"It's very much in our nature to characterize them as arrogant or uncaring or evil," he said. "If you're Joe Public and you're looking at that industry,

it's huge, it's powerful, it's ... intimidating."

But, in his experience, that assessment is simply not fair. Energy companies are concerned about the environment, and the health and safety of people living near oil and gas operation sites, he said. It's in their best interests to make it a priority or they wouldn't be able to keep operating, he said.

But, Falls said, despite the industry's best efforts to reduce the risk of disaster, things can

and do go wrong. He believes energy companies need to do a better job of mitigating that risk and listening to the public's concerns.

A Green Light for Safety

During his tenure in the 1990s as manager of the environment division of West-coast Energy, now operating as Spectra, Falls said his team had the green light to do "whatever had to be done" to safeguard the health and safety of people

in the communities in which they operated.

"I don't think people realize how much time, effort and money is spent on managing environmental, health and safety issues," he said.

That sentiment is echoed by industry leaders, who claim the health and safety of residents living near fracking sites is a top concern.

Andy Calitz, chief executive officer for LNG Canada, the entity behind a proposed

The environment

"Are there concerns? Yes, we are at all times sensitive to our environmental impact."

Andy Calitz, chief executive officer for LNG Canada

liquefied natural gas project in the northwestern B.C. town of Kitimat, said energy companies are constantly studying fracking and its impact on water

and air quality.

"Are there concerns? Yes, we are at all times very sensitive to our environmental impact," he said. "It is high on our agenda."

Geoff Morrison, manager of B.C. operations for the Canadian Association of Petroleum Producers, said the organization is trying to do a better job of assuring the public about the industry's practices.

"We recognize there is a broad concern about an

Tricks of the gas trade

Fracking 101. Northern Lights College in B.C. teaches students the ins and outs of working the fields — and staying safe



EMILY JACKSON
Metro in Vancouver

The best time to frack is in the dead of winter.

Temperatures drop to -45 C, but to drill to gas trapped in shale in Northeastern British Columbia's Montney Play, rigs must be set up when the region's swampy muskeg is frozen so they don't sink.

Some city dwellers have perceptions that natural gas is a fast way to riches. Who can blame them? With the government promising billions in royalties from extracting gas and shipping it to yet-to-be-built liquefied natural gas (LNG) plants on the coast and then to Asia.

But that simply isn't the case. "It's not a quick buck," explains Stacy Smith, program chair of trades at the Northern Lights College, during a tour of the simulated wellsite at the Fort St. John campus. Smith is the dean of a program that trains field operators and power engineers to drill, operate and monitor wells. Safety is his top goal.

"A huge amount of time and skill goes into making sure the gas is safe to move and use for everybody — it is not a simple process."

Yet it's the process that will power B.C.'s push for LNG plants. For every billion spent on the LNG facilities, \$3.86 billion will be spent upstream, according to Fort St. John, B.C., mayor Lori Ackerman.

Not much is known about the long-term effects of fracking, a technology that dates back to the 1950s but exploded in use since 2000. But concerns are mounting about chemicals



Stacy Smith is the dean of a program at Northern Lights College that trains field operators and power engineers. MATT KIELTYKA/METRO

seeping into groundwater, methane escaping into the air, seismic activity and flaring of sour gas.

What they learn

Natural gas is one of the cleanest burning fossil fuels, but it's tough to get to, Smith says as he walks through the facility where, annually, 48 students train.

It requires a massive amount of energy. Once a well is drilled deep enough and sealed with concrete to prevent ground water contamination, water, sand and chemicals are pumped down to horizontally fracture

the land and release the shale gas.

The gas bubbles up to a wellhead with pressure monitors and an emergency shut down valve. It can be "pretty nasty" when it comes out of the ground — if it contains hydrogen sulphide, it can kill. It can't be cleaned up. Instead, it's burned off in a process known as flaring.

Students learn to remove the hydrogen sulphide and to dehumidify the gas. After these processes, the product is mostly methane and ready to sell.

Why we frack

"It's the nature of the beast,

it's the only way to access the shale gas," Smith says.

Some regions, including Quebec, have banned fracking.

"They don't want to take the chance, I think, to have the contamination potentially happen," he said.

But it's riskier in places with shallow shale formations, also known as plays. B.C.'s plays are deep — between 1,700 and 4,000 metres below the surface — compared to Quebec's (500 to 3,300 metres deep), according to the National Energy Board.

There are strict regulations around sealing wells to ensure chemicals don't leak into the ground water.

"The people that are up here, they're just like me and you. They're family people, they have kids, they don't want to see their water contaminated."

What can go wrong

"It's like anything that can go wrong," Smith said, especially operations involving massive machinery with moving parts.

Sometimes it's circumstances, sometimes there's a flaw that's missed, sometimes it's human error.

Technology improves safety, he says, pointing to emergency shut down valves that close automatically or electric monitors that alert a production facility immediately if something is wrong.

"As much as it kind of runs smoothly, there's always glitches that happen all the time, so somebody has to be there to fix them," he said. "Things break."

On opportunities

There's a two-year waitlist to get into the program, where graduates can expect starting salaries of \$65,000 a year plus a healthy dose of overtime.

Even though job prospects are good, a lot hinges on the expected demand from the LNG plants.

"Everybody's sort of in this holding pattern, you know, kind of waiting," he said.

In pictures



1 Covering up. What's a wellhead?

Heavy-duty wellheads are placed atop holes after drilling is complete. The blue attachment on the right is an emergency shutdown valve that cuts off the gas supply in case of a fault in the system. **ALL PHOTOS MATT KIELTYKA/METRO**

2 Expensive operation. Rigs

This \$6-million rig uses a kelly drive to bore into the earth and get to the shale gas. It used to be operational, but companies donated it to the Northern Lights College wellsite training facility.

3 Getting it out. Jacks that pump

A pump jack helps move oil out of the ground if there's not enough pressure for it to flow naturally.

4 Fine balance. Reading wellheads

Field operators measure pressure readings on wellheads to ensure it isn't too high (could indicate a potential explosion) or too low, which means the gas won't move through the pipelines.

5 The final step. Removing the deadly stuff

Once gas comes out of the ground, it must go through a variety of buildings and pipes to remove any deadly hydrogen sulphide and to be dehumidified.

industrial process people aren't familiar (with) or is new to them," he said.

"Things Do Go Awry"

Still, Falls said the industry is not perfect. During his seven years at Westcoast Energy, Falls recalls one pipeline rupture — a sour gas leak near Fort Nelson, B.C. Fortunately, it was "very small," he said, and was quickly brought under control.

But the incident still underscores the risks associated with

the industry, he said. "It doesn't matter how many studies have been done or how thoroughly they have been undertaken," he said. "Things do go awry."

"It's Not Going to Go Away"

Falls encouraged residents of communities where fracking is taking place to "ask the hard questions" to companies about emergency preparedness plans. But the industry also needs to do a better job at listening to community concerns, he said.

That's more important than ever, he said, as demand for fossil energy continues to rise. Even if there were to be strong public pushback against gas development in B.C., "that wouldn't change what the world is going to do," he said.

"If we don't supply it, somebody else is going to supply. We have to get better and we have to continuously improve because it's not going away."

THANDI FLETCHER/METRO IN VANCOUVER, WITH FILES FROM CAM TUCKER



MORE IN OUR FRACKING SERIES

Friday

- **Cautionary tale.** Alberta ranchers warn British Columbia to heed warnings.

Online

- **Photo and map.** Stacy Smith takes us on a tour.



No baby boom after the bust this time around

Birth of fear. As with the Great Depression, the birth rate fell around the world after the Great Recession in 2008, but it has yet to rise back up

The financial crisis that followed the collapse of U.S. investment bank Lehman Brothers in 2008 did more than wipe out billions in wealth and millions of jobs. It also sent birth rates tumbling around the world as couples found themselves too short of money or too fearful about their finances to have children. Six years later, birth rates haven't bounced back.

For those who fear an overcrowded planet, this is good news. For the economy, not so good.

We tend to think economic growth comes from working harder and smarter. But economists attribute up to a third of it to more people joining the workforce each year than leaving it. The result is more producing, earning and spending.

Now this secret fuel of the economy, rarely missing and little noticed, is running out.

THE ASSOCIATED PRESS

Market Minute



DOLLAR

91.79¢ (-0.13¢)



TSX

14,656.40 (+44.11)



OIL

\$100.77 US (+\$1.27)



GOLD

\$1,288.90 US (-\$19.70)

Natural gas: \$4.74 US (-\$0.05)
Dow Jones: 16,518.54 (+117.52)

NEED MONEY?

\$300 - \$1500

- No credit checks
- No upfront fees

CALL NOW!

1-866-499-5629

WWW.MYNEXTPAY.CA



An unmoveable feast of mangoes

Indian labourers sort mangoes at a fruit market in Hyderabad, India, Wednesday. Mangoes start arriving in Indian markets in April, providing a juicy, delicious respite from summer temperatures and humidity as they start climbing to oppressive levels. Indians are feasting on some of the world's most succulent mangoes after the European Union banned imports of the fruit from India this month, producing a glut and rock-bottom prices for local consumers.

MAHESH KUMAR A./
THE ASSOCIATED PRESS

Short on time? Perhaps that's due to spending it all watching YouTube, Netflix

Anglophone Canadians are now spending almost a third of their time online watching video, according to a report by the Media Technology Monitor.

In a survey with 4,009 English-speaking Canadians conducted between Oct. 7 and Dec. 1 of last year about 75 per cent of the respondents said they watched some online video monthly.

Two-thirds of them said they regularly watched videos on YouTube, 42 per cent streamed TV content, 34 per cent sat down for full movies, 29 per cent used Netflix, and 26 per cent said they watched news and sports videos.

While mobile streaming is growing, most were still using

a computer to watch online video.

About 83 per cent of those polled said they use a laptop or desktop computer to access online video, while about one in three sometimes use a smartphone and one in four stream with a tablet or Internet-connected TV.

MTM noted that in particular, watching TV shows on non-computer devices grew significantly between 2012 and 2013.

Among the respondents who said they regularly watched TV content online, 29 per cent said they used a tablet to stream, which was up 81 per cent from 2012.

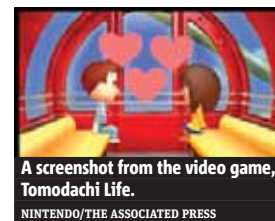
THE CANADIAN PRESS

Nintendo. In real life about 10% of population is gay, in Tomodachi Life it's 0%

Nintendo isn't allowing gamers to play as gay in an upcoming life simulator game.

The publisher of such gaming franchises as The Legend of Zelda and Mario Bros. said Tuesday it wouldn't bow to pressure to allow players to engage in romantic activities with characters of the same sex in English editions of Tomodachi Life. This follows a social media campaign launched by fans last month seeking virtual equality for the game's characters, which are modelled after real people.

"Nintendo never intended to make any form of social commentary with the launch of Tomodachi Life," Nintendo of America Inc. said in a state-



A screenshot from the video game, Tomodachi Life.

NINTENDO/THE ASSOCIATED PRESS

ment. "The relationship options in the game represent a playful alternate world rather than a real-life simulation. We hope that all of our fans will see that Tomodachi Life was intended to be a whimsical and quirky game, and that we were absolutely not trying to provide social commentary."

THE ASSOCIATED PRESS

Choose one:

A) Deposit a cheque on your lunch hour.

B) Deposit a cheque on your smartphone.

Deposit a cheque just by taking a picture of it, with Cheque-In™.

It's that simple.



Tangerine.ca | 1-888 Tangerine

Tangerine is a trademark of The Bank of Nova Scotia, used under license. Forward Banking is a registered trademark of Tangerine Bank. Cheque-In is a trademark of Tangerine Bank.

Tangerine
Forward Banking

THE MOTHER OF ALL HOLIDAYS

Mother's Day was always a special event in my parents' household, because it meant I was attempting to be an adult on a scale I've never quite recaptured in my adulthood.

Back then I bought flowers, wrote my own cards, and picked out gifts, including a large, framed stock photo of a rose on a keyboard that would have been an amazing gift if my mother was the manager of a Super 8.

Even — and this is why it's always been the Mother of All Holidays in my mind — tried to cook.

If I were to add up the number of times in my life where I attempted to prepare a full meal, it's likely Mother's Day would be responsible for at least five of them — so around half the meals I've ever cooked have been for Mom.

That's the kind of outstanding son I am.

Now I live in a different city and, like most adult sons, I make



HE SAYS

John Mazerolle

metronews.ca

dream.

A fever dream of research.

Mother's Day By The Numbers:

a point on Mother's Day of letting my mother know that I exist and that I know she exists, too.

This seems to touch her deeply.

I suppose it's better than leaving bread crumbs and runny yolk on her bed sheets.

Focusing on love instead of buying something saves Mom and I from the crass commercialization of yet another Hallmark holiday, while coincidentally saving me from the high price of a Hallmark card. Mommy dearest, indeed.

I've compiled some numbers to show the big business that Mother's Day has become.

I think you'll find the stats as surprising as I did when they occurred to me in a fever

1: Average number of mothers per lifetime, per person in Canada.

\$23.2 billion: Amount that is expected to be spent on Mother's Day this year in North America.

\$23.1 billion: Amount that will go to the richest 1 per cent of mothers.

63: Percentage of U.S. mothers who will get food stamps in bed.

7.2: Average number of carnations required for a mother to believe her child loves her.

890,000: Number of pre-written cards with Mother's Day poetry rhyming love, glove, dove and above.

4: Number of pre-written cards with Mother's Day poetry rhyming love and shove.

100 per cent: Amount KFC, Taco Bell and other corporations love mothers, according to their Twitter feeds.

10,000: Number of "Awww"s about to ring out around Canada.

0: Mother's better than mine.

ZOOM

Boo-boos are hard to bear



Mango, a 19-year-old male Syrian brown bear, rests on a bed as zoo veterinarians and staff prepare him for surgery in the Ramat Gan Zoological Center's animal hospital near Tel Aviv, Israel, Wednesday. The 250-kilogram bear was going into surgery to repair a herniated disc in his back after it was discovered in an X-ray. ARIEL SCHALIT/THE ASSOCIATED PRESS

Syrian bear goes in for surgery

In Israel, a 19-year-old Syrian brown bear named Mango underwent surgery Wednesday to repair a herniated disc, said Sagit Horowitz, a spokeswoman for the Ramat Gan Zoological Center near Tel Aviv.

Zoologists first noticed Mango had a problem when he started to show signs of paralysis in his hind legs, said Dr. Merav Shamir, who led the surgery on the furry patient.

THE ASSOCIATED PRESS

They've got his back

"It started acutely," said Shamir. "He wasn't able to move his right hind limb and it progressively deteriorated over the following 48 hours to become completely paralyzed on the hind limbs."

"I'm nervous now — I'll be happier in a few hours," Shamir said before the hours-long surgery began.

"I wish him luck." Veterinarians will know in the coming weeks whether Mango makes a full recovery.

THE ASSOCIATED PRESS

A potential lifesaver

Such procedures aren't uncommon at the Ramat Gan Zoological Center, the premier zoo of Israel. Last year, veterinarians there used acupuncture to cure the chronic ear infection of a 14-year-old Sumatran tiger.

- Shamir said other bears with a similar disc problem have been euthanized. The surgery Mango underwent is novel for bears, though it's often performed on small dogs.

METRO AUGMENTED REALITY

SEE THE NEWS COME ALIVE...



DOWNLOAD
METRO NEWS APP

FILL SCREEN WITH
IMAGE TO SCAN

METRO AR IMAGE
JUMPS TO LIFE



In this issue, you can find AR enhancements on page 13 in News, page 23 in Life and page 30 in Sports

To see pages from Metro spring to life, simply download or update the Metro News app available from your device's app store and follow these three easy steps:

- Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
- Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
- Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

MetroTube

Watch this guy touch the sky



ANDREW
FIFIELD
metronews.ca

Fighter pilot tends to join gigs like astronaut and race car driver on the list of cool jobs many of us, at least once, said we'd have when we grew up.

Of course, life intervened and shuffled most of the many onto other career tracks while the few stuck it out long enough to achieve the white-knuckle life.

We don't know if the younger version of photographer Blair Bunting had similar dreams, but at least he got to take to the skies in a USAF Thunderbirds F-18 for one day. And his cooler-than-ice handling of it was all captured on rather dizzying video.



SCREENGRAB

(Via Jaron Schneider on YouTube)



President Bill McDonald • Vice-President & Group Publisher, Metro Eastern Canada Greg Lutes • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Halifax Philip Croucher • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Regional Sales Director, Metro Eastern Canada Dianne Curran • Distribution Manager April Doucette • Vice-President, Sales and Business Development Tracy Day • Vice-President, Creative and Marketing Services Jeff Smith • Vice-President, Finance Phil Jameson • METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS B3K 0B5 • Telephone: 902-444-4444 • Fax: 902-422-5610 • Advertising: 902-421-5824 • adinfohalifax@metronews.ca • Distribution: halifax_distribution@metronews.ca • News tips: halifax@metronews.ca • Letters to the Editor: halifaxletters@metronews.ca

2
SCENE

Ranting for the rest of us

The tears of a clown.
Rick Mercer is fed up
with Canadians' lack of
political engagement



**BACKSTAGE
PASS**
Jenna Conter
halifax@metronews.ca

Politics are the mathematics of our generation.

You either understand the rules, systems and procedures, or you're left smiling and nodding, regurgitating what you've been told without questioning its reason or just bribing your high school math teacher with candy and cola to pass your final exam.

It's sad, but for the majority of young people in Canada, politics just can't compete with the appeal of pop stars crashing their cars, shaving their heads or showing up panty-less to parties.

Not to be jealous of our friends state-side (who have

Quoted

"I'm not saying that young people have to join a party, give funds and go out and put signs on lawns, but it's not too much to ask that they would pay a little bit of attention, show up on election day and vote."

Rick Mercer

a talk show for every political point of view), but as ranting legend Rick Mercer points out, educating ourselves in local and federal politics is not rocket science.

"Just read the newspaper — it might be old-fashioned but just read the paper," says Mercer.

A man that admittedly lives in the bubble of politics, he has taken to the streets, literally, ranting for more than 11 years on a range of topics.

Mercer is coming to Halifax's Neptune Theatre Friday night to cover Canada as only Mercer can.

In addition to the humour Mercer has created over the years — first on This Hour has 22 Minutes and now as host of The Mercer Report — he knows that, unlike the majority of Canadians, "politics is my baseball."

"Having everyone engaged in the political process is something I'm passionate about and I know for a fact that this could be a very different country if young people were as politically engaged as its senior citizens," he says.

Front of mind for Mercer these days is the Fair Elections Act. This piece of federal legislation has been reviewed by people from all walks of life, from all different ideologies, with seemingly the same conclusion: It's a deeply flawed piece of legislation that is designed to make it more difficult for Canadians to vote.

"One of the side effects of people becoming disgusted with government is that they stop paying attention," Mercer said.



Rick Mercer will be ranting to a sold-out Halifax audience on Saturday night. CONTRIBUTED

"I know if Canadians paid attention to this and saw what was happening, there would be hell to pay."

Spreading the gospel of getting our youth involved in politics is a daunting challenge for our Canadian

Jon Stewart. But Mercer is resolute.

"We live in a really great country, but there are certain responsibilities that go along with it and tuning out — the consequences can be dire."

Details

Rick Mercer is bringing his comedy style to Halifax's Neptune Theatre on Friday night. Tickets are sold out.

Choose one:
A) Fees B) No fees

It's that simple.



Tangerine.ca | 1-888 Tangerine

Tangerine
Forward Banking

Tangerine is a trademark of The Bank of Nova Scotia, used under license. Forward Banking is a registered trademark of Tangerine Bank.

Remembering a Canadian storyteller

Farley Mowat.
Author was outspoken
about many social,
environmental issues

Canadian author Farley Mowat, a master storyteller and tireless defender of nature and wildlife, has died at age 92, his assistant confirmed Wednesday.

From the time he was 13, Mowat was fiercely dedicated to writing about the natural world. As a young teen he started a magazine called Nature Lore and had a column in the Saskatoon Star Phoenix.

He went on to write some 40 books, many based on his own adventures and travels. He said he was lucky to be able to combine his two passions, writing and nature, calling it "the only subject I really want to write about."

Throughout his life, Mowat was adamant that humans learn to live in harmony with the natural world.

"It's a matter of survival," he told The Canadian Press in a 2006 interview. "Either we

learn to do this, or we cease to exist. We have no God-given right to survive forever. We have screwed up so badly in so many ways so obviously that only utterly stupid species would consider that we have much of a future, as things stand.

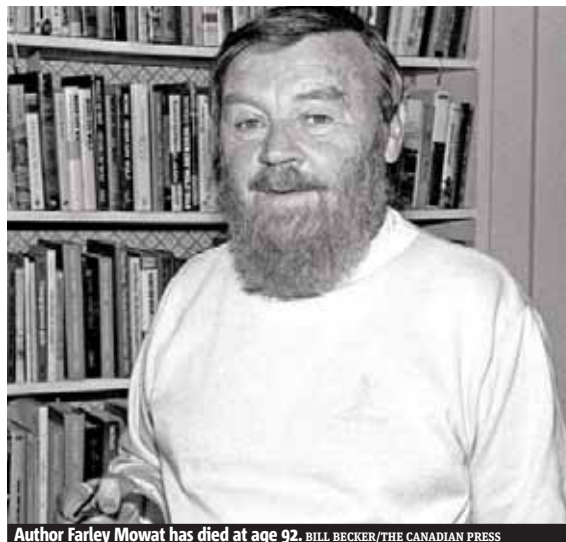
"Only by recognizing how far off track we've gone are we likely to be able to recover our footing and carry on."

One of his most famous books, *Never Cry Wolf*, is said to have changed the way people saw wolves; after the Russian version was published, the government there even banned the killing of one of Mowat's favourite creatures.

Mowat was born in Belleville, Ont., in 1921. The son of a librarian, he grew up in Windsor, Ont., and Saskatoon. He studied at the University of Toronto. His novels and other non-fiction works have been translated into more than 20 languages.

A remarkable storyteller, Mowat said the pleasure he got from writing was paramount.

"My motives have been selfish in a peculiar way," he said,



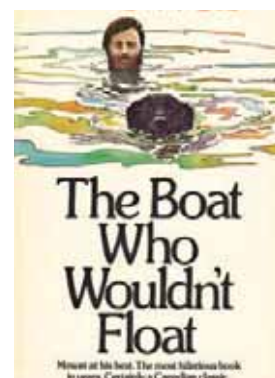
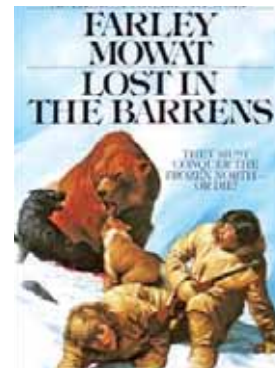
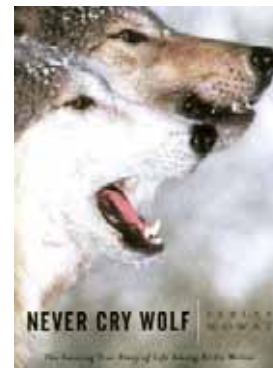
Author Farley Mowat has died at age 92. BILL BECKER/THE CANADIAN PRESS

"not to attempt to gain recognition, fame, to become an icon, to become a Conrad Black or somebody like that, but simply to satisfy my own appetite for good stories."

He was awarded the Queen Elizabeth II Jubilee Medal in 1956, the Governor General's

Award for *Lost in the Barrens* in 1956, the Leacock Medal for Humour for *The Boat Who Wouldn't Float* in 1970, the Order of Canada in 1981 and a Lifetime Achievement Award from the International Fund for Animal Welfare in 2003.

THE CANADIAN PRESS



TODAY'S HOROSCOPE:

Neptune is suggesting that now may be the perfect time to get the Metro News App

Is the new Metro News App in your future? It should be — especially if you want access to the Metro News features you love, including horoscopes, local news, sports, entertainment and much more.



Download the Metro News App today at metronews.ca/



metro



EXPERIENCE THIS!
**CANADA'S
MAGNETIC
NORTH
THEATRE FESTIVAL**
— AND —
**STAGES
THEATRE FESTIVAL**

JOIN FORCES IN HALIFAX
JUNE 19-29, 2014

Produced in Association with Canada's Theatre Festival
WWW.MAGNETICNORTHFESTIVAL.CA
WWW.EASTERNFRONTTHEATRE.COM

**EARLY BIRD RATES
EXTENDED
UNTIL MAY 19!**

TICKETS AND FLEX PASSES
AVAILABLE NOW AT GREAT RATES

MAGNETICNORTHFESTIVAL.CA/BUYTICKETS
OR CALL 1-888-311-9090

MAGNETIC NORTH

NATIONAL ARTS CENTRE
CENTRE NATIONAL DES ARTS

EFT

STAGES

Canada Council
for the Arts

Canada
Arts

Partnership
Program

Arts and Culture
Council of Canada

Arts
Council of
Nova Scotia

Arts
Council of
New Brunswick

Arts
Council of
Prince Edward Island

Arts
Council of
Saskatchewan

Arts
Council of
Alberta

The Coast

CFMT

101

metro

Magnetic North Theatre Festival is Produced by the Canadian Theatre Festival Society and Co-Produced by the National Arts Centre's English Theatre.

Images: Emily Cooper



George Clooney ALL PHOTOS GETTY IMAGES

Just call him groomzilla? George is set on walking down the aisle this fall

If you think George Clooney's surprise engagement to Amal Alamuddin came quickly, just wait until the save-the-date cards go out. Clooney is reportedly wasting no time in tying the knot, with a fast-approaching wedding date, according to Radar Online.

"The wedding is to take place in September," a source says. "They've told family

and friends they will only disclose the location at the last minute, and it will be very private. Neither George nor Amal want the wedding to be a public affair — and her family doesn't, either."

And the wedding isn't the only bit of planning on the fast track, as Clooney and Alamuddin "definitely want kids ASAP," the source says.

Biebs cozies up to Miami model after spotting her on Instagram

Justin Bieber's on-again, off-again relationship with Selena Gomez must really be off again, as the pop star apparently has been cozying up to 18-year-old Miami-based model Yovanna Ventura, according to E! News.

Bieber apparently first spotted Ventura on Instagram and reached out to her, meeting up with her when he was in Miami in April and then this month in Las Vegas before heading to



Justin Bieber

L.A., where they were spotted acting "like a couple" on the Venice Beach boardwalk.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Tabloid pays price for J.K. Rowling 'sob story' claim

A British tabloid has apologized and paid damages to Harry Potter author J.K. Rowling over an article about her time as a single mother.

Rowling brought a libel case against the Daily Mail after it alleged in an article in September that she told

a false "sob story" on how people at her church stigmatized and taunted her for being a single mother on welfare. The newspaper report was based on an essay Rowling wrote for a charity describing her experiences some 20 years ago.

The paper printed an apology Wednesday stating that Rowling in fact did not make any false claims. The paper said it had agreed to pay "substantial damages" and legal costs to Rowling, who will donate the money to charity. **THE ASSOCIATED PRESS**



Miley Cyrus

Miley recovering from sudden illness with 'crazy honey and lavender'

Miley Cyrus is just fine, y'all. The Wrecking Ball singer resumed her world tour in London after a sudden illness landed her in the hospital and caused her to cancel dates for three weeks.

But before she took to the stage, Cyrus wanted to make sure everyone knew that reports she'd suffered a drug overdose were false. "I didn't have a drug overdose. I took some s---ty antibiotics that a

doctor gave me for a sinus infection and I had a reaction," she said at a press conference at London's O2 Arena before her return performance. "I'm feeling good, I'm alive — so that's f---ing awesome. I'm the poster child for good health." She's even taken drastic steps to maintain her health: "I'm on this crazy vitamin rush and crazy honey and lavender. I learned a lot about taking care of myself."

Twitter



@JamesFrancoTV

"50 shades of batman and robin w/ Spider-Man"



@pattonoswalt

Totally just saw the green dragon from GAME OF THRONES drinking at Little Dom's.



@oliviawilde

This year, instead of attending the "Met Ball", I leaked milk, and ate an entire napkin while inhaling a felafel.

Spend
**YOUR
POINTS
EVENT!**

SATURDAY, MAY 10 & SUNDAY, MAY 11

SPEND
50,000 POINTS
AND GET UP TO

\$100 OFF*

THAT'S
AN EXTRA
\$15

SPEND
95,000 POINTS
AND GET UP TO

\$200 OFF*

THAT'S
AN EXTRA
\$30

FREE
feels good
Optimum

Visit shoppersdrugmart.ca or the store nearest you for details.

*Some conditions may apply. See store for details.

Offer valid Saturday, May 10 & Sunday, May 11, 2014 only.

**SHOPPERS
DRUG MART**



Tips from the lips of an Angel

Model management.

From hot-power yoga sessions to facial massages for breakouts, Lindsay Ellingson shares all her tricks

ROMINA
MCGUINNESS
Metro World News

We've all had those moments: You want to get rid of bloat in a week's time for a big event or need to turn your complexion around in 24 hours for a big job interview. With a long list of big-time catwalks including Chanel, Chloé and Prada, and five years as a Victoria's Secret Angel under her belt, model Lindsay Ellingson has become a master at solving a beauty problem quickly. She reveals some of her tricks for looking fresh:

Start on the inside

"You can just tell when a girl looks sick or is too thin. I get light-headed and my energy fades. It's good to eat lots of clean, hearty meals so that you're not starving yourself — something like chicken, sweet potato and broccoli. I don't like putting food in my body that makes me feel toxic, so I always carry almonds in my purse. I'll eat a cheeseburger if I want one, but I'll just balance it out with a green juice. I eat less sugar, it just helps my skin glow and stops my energy levels from spiking."

Put the Starbucks runs on pause

"I love cold-pressed, iced black coffee but caffeine is dehydrating so I drink Kusmi Detox tea instead."



CONTRIBUTED

Add some heat to your yoga

"I've been doing hot power yoga four times a week and feel more toned than ever. It's not as hot as Bikram — I tried that once and almost passed out! Be in tune with your body and listen to it — if you're tired, it's OK to rest."

Hydrate well, inside and out, to fake a solid night's sleep

"I need about nine hours of sleep but I've learned to function with much less. I would fly overnight to Milan, arrive in the morning and go straight to 14 appointments — that's your job. So I started to sleep with an eye mask or take some melatonin (during flights). And drink lots of water. When you wake up dehydrated, your skin feels horrible. So I would put on the SKYN Iceland Hydra Cool Firming Eye Gels, roll an ice cube around my eye zone and spritz my face with the Heritage Store Rose Petals Rosewater — it helps me look awake"

When all else fails, copy the makeup artists

"I've definitely arrived super tired and broken out on the last day of the Paris shows. Thankfully the makeup artists are amazing when it comes to erasing signs of fatigue. They'll give a face massage using the Embryolisse Lait-Crème Concentré face cream to increase the blood flow to your face and use eye drops for extra sparkle. I also like to use Ling Drying Lotion on a pimple at night and it'll be gone by the time you wake up."

3

FREE

PLUS
HOMES



Bedford
Place Mall

bedfordplacemall.com



SHE dedicated her time to pampering you... now ***YOU*** can return the favour!

You could **WIN:**

- A salon package from Vibe Salon & Medi Spa valued at **\$500**
- A "Mom" ring from Charm Diamond Centre valued at **\$249**

Contest closes **May 9th at noon and the winners will be announced on **Mother's Day***



To enter click the **LIKE** button on our Facebook page then tell us why your mom is so special. All you have to do is post it to our wall!



CHARM
DIAMOND CENTRE



vibe
SALON & MEDI SPA

WIN 1 of our 2
**FABULOUS
PRIZES!**

Plum-struck makeover

Colour creates a living room with style. One reader with just a sofa gets some affordable decor suggestions



DESIGN
CENTRE
Karl Lohnes
home@metronews.ca

Q: My small living room has a new sofa with neutral wood floors and walls. I'd like the room to have some colour added but look relaxed and organic.

— Trisha, via email

A: Start by choosing another neutral colour to help accent the beige tones in the room.

I suggest a soft stone-purple colour; it comes in many tones and layering it will give it an organic look.

A patterned area rug will help add some life to the room while adding a statement chair will help to define the new colour in the room.

If introducing more of the warm beige colour, then

bring it into the room with texture — you have more than enough smooth beige filling the room!

Here's a storyboard of products that I think would enhance your living room without breaking the bank.

BEFORE: A beige room needs some colour and accessories



Magic carpet

Tie-dyed patterns create an organic look while incorporating all the colours of the room. All wool 8x10-foot carpet, \$460, eCarpetGallery.com



Wing it

A tall fashionably coloured chair is perfect in the corner of the room. Luxe Wind Chair, \$1925, CrateAndBarrel.com



Jute your fancy

It's a footrest or place to perch. Jute rope Pier Pouf, \$129, UrbanBarn.com

Paint perfect

A focal wall of colour painted behind the sofa will add drama to the all-beige room. Cinnamon Slate 2113-40, Benjamin-Moore.ca



Grain power

Two organic images printed on birch wood veneer hung side-by-side would be the perfect proportion over the long sofa. Old Wood 28x36-inch print, \$249, WestElm.com



WANTED SEVERAL HOMES IMMEDIATELY

Several homes in your area will be given the opportunity of having a metal roofing system installed on their home at a reasonable cost. This lifetime product is capturing the interest of homeowners across the country who want to know this will be the last time they will have to re-roof their home. Our product is environmentally friendly and comes with a lifetime, transferable warranty with an excellent choice of colours to compliment your home and is going to be introduced to your local market. Your home can be a show place in your neighbourhood. We will make it worth your time to investigate the many benefits of metal roofing.

PLEASE CALL TOLL FREE: 1-866-956-1919

Feather your nest

Modern and natural style pillow with long feathers printed on velvet. Micro Velvet Feather Cushion, \$15, Simons.ca



'Round the table

Simple in form yet with the look of a well-travelled accessory, this table adds exotic flair. Moroccan Coffee Table, \$399, PotteryBarn.com



metro

MOTHER'S DAY GIFT GUIDE

Thursday, May 8, 2014

Mom deserves special thought

KATHY
BUCKWORTH
For Metro

Mother's Day is supposed to be a day of celebration and gift giving — everything from handmade cards from the kids, to more expensive glittery items from grateful dads.

But some gifts can cause more stress and guilt than joy. Things like:

- The workout equipment/gym clothes/personal training sessions for the mom who hasn't had the chance or inclination to work out for a number of years. The remind-

er that she needs to get off the couch can be a harsh one. Suggest instead a bike ride or a family hike.

- A new blender/mixer/toaster oven or other small appliance for the mom who really doesn't want to spend any more time in the kitchen than she already does. This is going to make her feel bad about cluttering up the counter and not using the appliance.

- Gift cards are a terrific choice if mom likes to visit and shop at that particular place, but not if it is a hassle for her to get there with the kids. Think before choosing



Take extra time and think about what you are going to get your mom for Mother's Day. SHUTTERSTOCK

(giftofchoice.ca has a huge selection).

- A spa treatment sounds wonderful, but isn't for everyone. Not all women enjoy spa treatments to begin with, and

those who do often can't indulge because they can't find a sitter for the kids or time in their schedule. Make sure the treatment is wanted, book the sitter, and get it in her sched-

ule so she doesn't feel the gift card expiry guilt.

- Clothing can be tricky for those who aren't used to buying it for someone else. If you get a size too small you

might be inferring she needs to lose weight; a size too big could mean you think she is bigger than she is. Check labels and sizes of favourite clothes before shopping.

Ask for the gift of time by outsourcing your to-do list

KATIE
BUGBEE
For Metro

As moms, we often hold the very important, yet often unnoticed role of Chief Household Officer.

We keep track of calendars, homework, maintenance appointments, product-purchases, doctors, sports practices, games and play dates. We also clean, organize, cook, bake, disci-

pline and comfort. This is often on top of another full-time job — one that actually pays bills.

And while it's all incredibly rewarding, when do we actually have time for ourselves through all this?

And when do we have time to just stop and play with our kids — without thinking of all the "work" that needs to be done? The simple answer is, we don't.

Wouldn't it be great if

some of those tasks were already done? Or we could let ourselves off the hook for not doing them?

This Mother's Day, ask for the gift of time. But here's the kicker, it doesn't have to be on the actual day. This day can still be about cuddling and embracing the beautiful faces we created. Time back in our lives can be in the form of asking for an extra set of hands.

Whether those hands

are attached to a child, a spouse, a parent or a hired helper, outsource a task such as weekly cleaning (get a housekeeper), laundry (ask the housekeeper or babysitter), regular date nights (hire a sitter you love) or project outsourcing (hire an organizer to take over the playroom, laundry room and pantry).

KATIE BUGBEE IS THE SENIOR MANAGING EDITOR AND RESIDENT GLOBAL PARENTING EXPERT OF CARE.COM.



Add delegating to mom's list of tasks. Ask for help and enjoy time spent with the kids without having to worry about work that has to be done. SHUTTERSTOCK

PARK LANE

SHOPPARKLANE.CA

5657 SPRING GARDEN ROAD
902-420-0660

Gifts galore

Perfect Mug, \$19.50, available at DAVIDsTEA stores across Canada and davidstea.com.



Pebbled Italian Leather Bag, \$189.99, available at Winners, winners.ca.



essie, Spring Collection, \$9.99 each, available at professional salons and leading retailers across Canada.

Stella & Dot Coral Cay Necklace, \$104, available at stelladot.com.



DAVIDsTEA Collectible "Hot Mama" Tin, \$16.50, available at DAVIDsTEA stores across Canada and davidstea.com.



Sunglasses, \$24.99, available at Marshalls, marshalls-canada.ca.



Border Floppy Hat, \$34.95, available at GAP, gapcanada.ca.



Lemon Print Canvas Tote, \$95, available at Banana Republic, bananarepublic.ca.



Zip Clutch, \$29.99 each, available at Sears locations across Canada and sears.ca.



Escada Born in Paradise Eau de Toilette, various sizes and prices, available at Hudson's Bay, Sephora, Shoppers Drug Mart, Jean Coutu, Sears, Murale and Escada boutiques nationwide.



Zip Around Wallet Prince, \$108, available at Roots, Roots.ca or Canada.roots.com.



Mills

Celebrate your mom.

GIFT ONE, GET ONE:

Receive 25% off your second item of equal or lesser value on any combination of handbags, shoes and accessories.

*Some exceptions apply.

Spring Garden Place, 5640 Spring Garden Road, Halifax

A special day to pamper mom

JANINE
FALCON
For Metro

We have rounded up a selection of covetable skin care, fragrance and makeup we think would go beautifully with that pretty bouquet of flowers you have already picked out for the best mother in the world.

The Schwarzkopf Professional Ceramic Hair Dryer cuts drying time by 50 per cent. \$215 at schwarzkopf.com for salons. This tangle-proof 3D Speed Brush by Hot Heads

also cuts dry time and boosts shine. From \$18, delineation. ca.

Caudalie Polyphenol C15 packs a powerful antioxidant punch coupled with a potent dose of

brightening vitamin C. Anti-Wrinkle Protect Fluid, \$52; Serum, \$66; Eye and Lip Cream, \$52. All at Sephora, sephora.com.

Fresh Black Tea Instant Perfecting Mask is a deliciously cooling, hydrating whipped texture that leaves skin feeling wonderfully fresh. \$88 at Sephora, sephora.com.

The Clarisonic Aria Cleansing System, newly available in cheerful hot pink, has three speeds for its complexion-perfecting sonic action. \$225 at Hudson's Bay, Sephora and Shoppers Drug Mart. Mom's already all set with a unit? The

new **Clarisonic Luxe Facial Brush Cashmere Cleanse** is a satiny-soft, dual-brush replacement head that fits all models. \$36 at Sephora, sephora.com.

Diptyque Geranium Odorata is a free-spirited blend of lush geranium anchored with bergamot, green cardamom, cedar and vetiver. \$118 at Holt Renfrew, holtrenfrew.com.

Yves Saint Laurent Oriental Collection Supreme Bouquet is an exotic, heady floral blend of tuberose and jasmine sambac with warm amber-woody accord. \$230 at select Holt Renfrew and Hudson's Bay stores.

Les Exclusifs de Chanel Jersey Extraits is the new perfume edition of the elegant scent interpretation of the supple knit fabric Mademoiselle Chanel made chic in 1916. \$200.

The limited-edition **Bellavance x Burt's Bees Lip Balm Roll** by design duo Bellavance includes two tinted balms and two shimmerers. Proceeds to Pollinator Partnership of Canada. \$20 at burtsbees.ca.

Philosophy Amazing Grace Firming Body Emulsion tones skin with conditioning shea butter and nourishing oils, \$44.

The lovely feminine floral with a hint of musk now comes in a purse-friendly **Perfume Roll-On**, \$25. Both at Sephora, sephora.com.

St. Tropez Self Tan Luxe Dry Oil bestows skin

with a gorgeous, subtle gleam, delicate scent, and a fresh-off-the-yacht sun-kissed glow with daily use. \$60 at Sephora, sephora.com.

WaySpa gift cards help give mom some much deserved spa-pampering time. Added genius — digital versions are an option if you have left your shopping a bit late. Available at wayspa.com.

Clockwise, from top left: Philosophy Amazing Grace Firming Body Emulsion, \$44; St. Tropez Self Tan Luxe Dry Oil, \$60; Diptyque Geranium Odorata, \$118; Yves Saint Laurent Oriental Collection Supreme Bouquet, \$230; the Schwarzkopf Professional Ceramic Hair Dryer, \$215, and 3D Speed Brush by Hot Heads, \$18; WaySpa gift cards; Fresh Black Tea Instant Perfecting Mask, \$88; Les Exclusifs de Chanel Jersey Extraits, \$200; Clarisonic Aria Cleansing System, \$225; and Caudalie Polyphenol C15 Anti-Wrinkle Protect Fluid, \$52, Serum, \$66, Eye and Lip Cream, \$52.



Neptune
THEATRE

Treat your
Leading Lady
TO A NEPTUNE NIGHT!

Give her memories that last longer than flowers.
Great gift ideas for Mom at our Box Office!

NEPTUNETHEATRE.COM

429-7070



Mom makes everyone in the family shine. Now it's her turn. CONTRIBUTED



Creativity is key. CONTRIBUTED



Anice Jewellery mixes family trinkets with new finds. CONTRIBUTED

Make a gift, just like when you were little

Homemade treasures. Something old can be new again with help

MANISHA KRISHNAN
For Metro

When Brittany Hopkins was trying to think of a name for her jewelry boutique, there was really only one that made sense.

"My grandma is such an inspiration for me," said Hopkins, who settled on Anice Jewellery, named after her stylish matriarch.

"She's a very fearless woman with her style and expression," Hopkins grew up in Edmonton, watching her grandmother

wear huge statement pieces and things that didn't match at all but still looked amazing.

Now at her Kensington Market shop in Toronto, Hopkins is helping others create those perfect, one-of-a-kind pieces to honour the women in their lives. It's particularly perfect for Mother's Day.

Far from a run-of-the-mill jewelry store, Anice is based on the idea of mixing old and new. Items from a "treasure drawer," including vintage pendants, trinkets, fabric, hardware and anything the customer brings in from home are mixed with new chains, beads and stones. Have an old family heirloom or a broken brooch that's been sitting around forever? Hopkins can give them new life in the form of a necklace, bracelet or

earrings.

For an extra personal Mother's Day gift, one can assemble a piece and attach to it a brass or silver tag engraved with a meaningful word, phrase or initials. There are also sterling silver heart rings that can be stamped.

Or, bring in a piece of jewelry that's special to mom and have it reworked into something new. Moms, says Hopkins, are the ideal recipients for creations made at Anice.

"When you're growing up in school everybody makes Mother's Day gifts. So the idea of coming into the store and being able to make your mom something and go back to that crafty time in a much more elegant way is something that we're really honing into."

Bouquet gets jazzed-up

Customized creations.

Some shops can make unoriginal gift special with crystals or into personalized animal

MANISHA KRISHNAN
For Metro

Flowers are a Mother's Day staple for a reason: They're beautiful.

But they're also admittedly not the most original gift idea. But fear not, there are plenty of ways to spruce up mom's bouquet this year, and some of them don't even involve plants.

Becky De Oliveira, creative director and owner of Toronto's Blush & Bloom Flower Studio, suggests choosing a unique vessel for a floral arrangement.

"Antique crystal or China, brass, or anything that she can reuse afterward and perhaps add to a collection," she said.

For an extra DIY flair, grab local blooms by stem and arrange them yourself.

Other tips from De Oliveira include choosing blooms that are in season — tulips, hyacinth, flowering branches — mixing up varieties and textures and adding lots of greenery.

"Add some pretty filler or foliage to the bouquet to make it interesting and add texture. This also makes it look less like you just grabbed something in line at the grocery store," she said.

If you want to turn the bouquet into a fun project, con-



Give mom a bouquet that not only will last, but that she will cherish long after her big day. COURTESY CHERRYCORTEZ.COM

sider picking up one of Botany Flowers' DIY terrarium kits. It includes everything needed to build a custom terrarium, including vintage crown mason jars, soil, sand, stones, moss and miniatures.

Over at Toy Florist in Toronto, you can create a bouquet in the likeness of a teddy bear or a dog, cat, whale — pretty much any other animal that mom adores. Arrangements are made out of fresh flowers, typically chrysanthemums.

"Most people have not received a present like this before, so it's the first time they get a teddy bear made of flowers and they'll remember it," said owner Adalat Aliyev.

The arrangements stay fresh for up to two weeks and can be customized depending on personal preferences.

"You can make a teddy bear that looks like a baker with a baker hat," says Aliyev. Or use flowers in mom's favourite colours.

Tara Murney offers more permanent keepsakes with her

blinged-out creations.

Murney's company, the Bouquet House, specializes in "alternative bouquets" made out of fabric and jewelry. Crepe paper and silk can be transformed into tulips, roses, peonies and adorned with brooches, feathers, fabric, seashells, buttons and Swarovski crystals.

"Anything you hand me, I can make into a beautiful bouquet," said Murney.

Murney, a wedding planner by trade, said people tend to spend a lot of money on flowers that die, unlike her bouquets.

"It's a keepsake. You can put it on display at home, you can keep it forever, you can incorporate your own jewelry or pieces from your mother."

There's no limit to personalization either. Murney can use colours with significance or engrave sterling silver pieces with quotes or initials and hang them off the bouquet. A typical brooch bouquet costs \$500 but Murney said you get what you pay for.



Celebrate Mom

Drop by and discover endless ideas to show her some love.


SPRING GARDEN PLACE

5640 Spring Garden Road, Downtown Halifax springgardenplace.ca 

Celebrate the life of your Mother with a complimentary rose* and ceremonial dove release.

Sunday, May 11th - 2pm
Mount Hermon Cemetery
Fairview Lawn Cemetery

Courtesy of:

J.A. Snow Funeral Home, Halifax
Cruikshank Funeral Home, Halifax
and A.L. Mattatall Funeral Home, Dartmouth

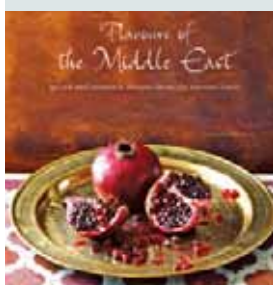
*Limited quantity available



Bite into the intense flavours of Palestine

Cookbook of the Week

Middle East trek



Flavours of the Middle East by Ghillie Basan showcases dishes you would encounter should you travel the ancient lands of the region. With feature spreads profiling the essential ingredients and more than 60 authentic recipes, the book makes it easy to prepare exotic fare at home. You'll start with appetizers like Hot Hummus with Samna, make your way to main courses with Poached Fish with Saffron, throw in some veggies like Fried Carrot and Fennel and end with sweets like Noah's Pudding. **METRO**

Chicken, Onions and Sumac with Pitta Bread. These bites are often served as a tasty and tangy street snack by tucking the ingredients into a pouch

"This simple and tasty snack was first introduced to me as a Palestinian peasant dish and, although I have enjoyed several variations since then, it is the Palestinian version that has remained in my memory," writes Ghillie Basan in Flavours of the Middle East.

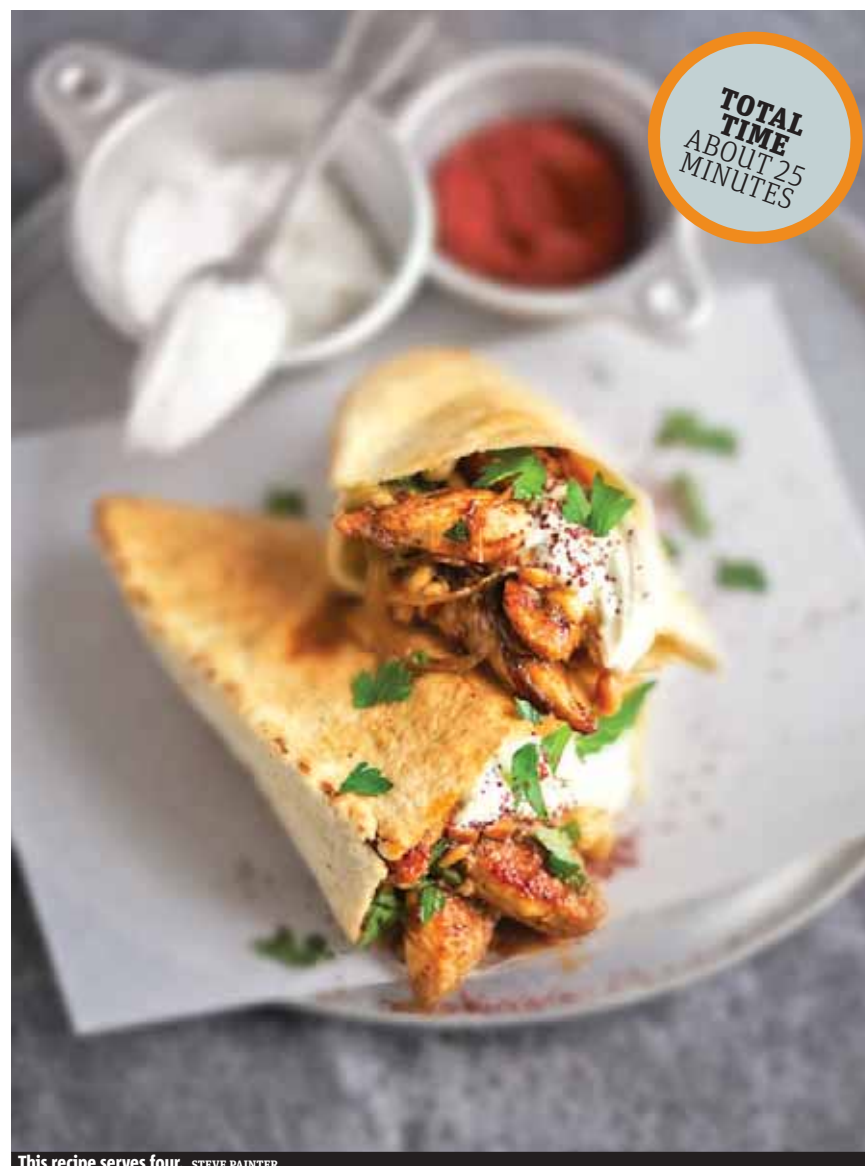
1. Preheat the oven to 180 C (350 F)
2. Heat the olive oil and butter in a heavy-based pan and stir in the onions. When they begin to soften, add the garlic and fry until the onions turn golden brown.
3. Add the chicken and cook for 2-3 minutes, before stirring in most of the sumac, cardamom and baharat mix.
4. Add the lemon juice and

Ingredients

- 2 tbsp olive oil with a knob/ pat of butter
- 2 onions, sliced
- 2-3 garlic cloves, crushed
- 700 g (1 3/4 lbs) chicken breasts, cut into bite-size strips
- 2-3 tsp ground sumac
- 1 tsp crushed cardamom seeds
- 1-2 tsp baharat mix
- freshly squeezed juice of 1 unwaxed lemon
- 2 tbsp toasted pine nuts
- a small bunch of fresh flat-leaf parsley, finely chopped
- sea salt and freshly ground black pepper
- 4 pita breads, halved cross-ways to form 8 pockets
- 4 generous tbsp thick, creamy yogurt
- baking sheet, lightly oiled

cook gently until the chicken is tender but still juicy. Toss in most of the pine nuts and parsley and season to taste with salt and pepper.

5. Place the pita halves on the prepared baking sheet. Pop them in the preheated oven for about 10 minutes to toast them. Fill the toasted pouches



TOTAL TIME ABOUT 25 MINUTES

This recipe serves four. STEVE PAINTER

with the chicken mixture, top each one with a dollop of yogurt and scatter the reserved

sumac, pine nuts and parsley over the top. Serve immediately. **RECIPES FROM FLAVORS OF THE**

MIDDLE EAST BY GHILLIE BASAN (RYLAND PETERS AND SMALL, \$35.95; RYLANDPETERS.COM)

Snack. Halloumi with Figs, Olives and Zahtar



This recipe serves four people. STEVE PAINTER

Ingredients

- 3-4 tbsp olive oil
- 250 g (8 oz) plain halloumi, well rinsed and cut into thin, bite-size slices
- 4-6 dried figs, cut into thin slices
- 2 tbsp crinkled, fleshy black olives
- 1-2 tbsp grape or date molasses
- 1-2 tbsp zahtar
- a sprinkling of sea salt
- 1 lime, cut into quarters

halloumi and fry for 4-5 minutes until golden-brown all over. Drain on paper towels.

2. Tip halloumi onto serving dish, scatter sliced figs and olives over and around it and drizzle the grape molasses over the top. Sprinkle with zahtar and a salt to taste and serve while the halloumi is still warm, with wedges of lime to squeeze over it.

1. Heat the oil in a heavy-based saucepan. Add the

902.443.0333
757 Bedford Hwy
9am - 7pm
(7 Days a Week)

902.873.4509
Halifax Int. Airport
5am - 8pm
(7 Days a Week)

www.clearwater.ca

Happy Mother's Day!

Clearwater's Own Bacon Wrapped Scallops
(340 gram pkg 14-16 scallops per pack)
Reg. \$14.99/pkg **SALE \$9.99/pkg***

Create a gourmet meal for MOM in minutes!
Clearwater Scallops & Sauce
(Garlic Cream, Marinara or Sun-dried Tomato. 227g pkg.
Cook from frozen)
Reg. \$5.99/pkg **SALE \$4.89/pkg***

Fresh Haddock Fillets
SALE \$5.99/lb*

Just in time for Mothers Day! LIVE CANNERS
Bedford Store Only **\$5.99 each***

GREAT TREATS FOR MOM!
*Prices in effect May 8-12th, while supplies last.

Enter MOM to Win a FREE Round of Golf for her foursome at the Links at Montague!!



Chris Kunitz of the Penguins celebrates his third-period goal with Sidney Crosby in second-round action in New York City, Wednesday. BRUCE BENNETT/GETTY IMAGES

Poised Penguins pull away from Rangers

NHL playoffs. Rangers pushed to brink of elimination despite beating Fleury twice

The Pittsburgh Penguins have had so much success at Madison Square Garden, they might not have to make a return trip to Broadway until next season.

Brandon Sutter scored a short-handed goal to break a second-period tie, and the Penguins rode that momentum to

Game 4	
4	2
Penguins	Rangers

move within one win of the Eastern Conference finals with a 4-2 victory over the New York Rangers on Wednesday night.

Pittsburgh, which has won three straight following a ser-

ies-opening loss, can advance with a Game 5 victory at home Friday night.

"We know they are going to be desperate," Penguins captain Sidney Crosby said. "They have a lot of depth, and a lot of guys that can create things, so we have to have the same mentality that we had."

The Penguins turned a tied series into a 3-1 lead at the Garden, where they have won seven of nine and are 12-4 since Dan Bylsma became their coach. Overall, Pittsburgh is 19-5 against the Rangers in the

playoffs and 9-2 in New York.

On Wednesday, Evgeni Malkin scored 2:31 in, and Jussi Jokinen made it 3-1 at 7:02 of the third before the teams traded late goals.

"This is not the ideal night for us," Rangers forward Brad Richards said. "The good thing is ... we're still in it. We win Game 1, we are on top of the world. You lose three in a row, and as quick as it went that way it can go right back.... We want to try to bring it back here.... You never know what can happen." **THE ASSOCIATED PRESS**

MLB

Buehrle first to six wins after Jays pound Phillies

Mark Buehrle became the first six-game winner in the majors, Edwin Encarnacion hit a three-run home run and the Toronto Blue Jays won their seventh straight over Philadelphia, beating the Phillies 10-0 on Wednesday night.

Erik Kratz and Juan Francisco both hit two-run homers for the Blue Jays, who blew open a pitcher's duel between Buehrle and Cliff Lee with a nine-run, 12-batter seventh inning. Toronto won its season-high fourth straight, its longest run since an 11-game streak from June 11-23, 2013.

Buehrle (6-1) allowed three hits in seven innings to lower his ERA to 1.91.

THE ASSOCIATED PRESS

Metro poll

Which cup-less vet needs it most?



After 18 seasons in the NHL, Jarome Iginla is hoping to hoist his first Stanley Cup with the Boston Bruins. Scan the image with the Metro News app to pick which veteran you want to see win hockey's top prize.

JARED WICKERHAM/GETTY IMAGES

Hibbert gives critics monster game to chew on



Pacers centre Roy Hibbert shoots over the Wizards' Nene on Wednesday night in Indianapolis, Ind. ANDY LYONS/GETTY IMAGES

Roy Hibbert broke out of his playoff funk with a season-best 28 points and nine rebounds, leading the Indiana Pacers to an 86-82 victory over the Washington Wizards on Wednesday night that tied the Eastern Conference semifinals at 1-1.

It was a stark contrast to Hibbert's abysmal, scoreless showing in Monday night's loss — and most of this year's playoffs.

But after hearing 48 hours of constant criticism and continual questions, Hibbert responded with the kind of game

Game 2	
86	82
Pacers	Wizards

Indiana desperately needed. He made his first four shots, dominated the middle and produced big basket after big basket.

Game 3 is Friday in Wash-

ington.

Marcin Gortat had 21 points and Bradley Beal added 17 for the Wizards.

Washington took a 77-74 lead with 5:01 left in the game. Indiana scored six straight and never trailed again.

Washington had won all four of its previous road playoff games — three at Chicago and Monday night in Indy.

But Hibbert refused to let it happen again Wednesday. He shot 10 of 13 from the field and made all eight of his free throw attempts. **THE ASSOCIATED PRESS**

Horoscopes

Aries

March 21 - April 20

You are not the kind to turn away someone who is down on their luck, but watch out you don't get conned by a sob story. Sadly not everyone is as honest as you, so check the facts before thinking of parting with cash.

Taurus

April 21 - May 21

You may be a bit hesitant today but that's OK. The thing to remember is that the cosmos is very much on your side so you can afford to take a risk.

Gemini

May 22 - June 21

You are entitled to your own space and if others find that hard to understand then they are not very smart. Give yourself some time to meditate on and plan for the future.

Cancer

June 22 - July 23

No matter what happened and who was to blame there is no point regretting what happened yesterday because you can't go back and change it. What you can do is to make tomorrow better.

Leo

July 24 - Aug. 23

It's good that you know how to be assertive but the planets warn you must not go too far. If you break the rules over the next 24 hours, someone higher up the ladder than you will make you pay for it.

Virgo

Aug. 24 - Sept. 23

You have nothing to worry about but for some reason you have this feeling of impending disaster. Most likely it is just your mind playing tricks on you — and even if it isn't, what happens will be no big deal.

Libra

Sept. 24 - Oct. 23

Whatever else you do over the next 24 hours don't cut corners, because you won't get away with it. Resist the temptation to do anything dishonest, because you really don't need to.

Scorpio

Oct. 24 - Nov. 22

The Sun in your opposite sign of Taurus means, among other things, that you have to put up with people who annoy you. Don't be tempted to argue with them because if you do, the situation may get out of hand.

Sagittarius

Nov. 23 - Dec. 21

Don't think badly of yourself if you have to admit that you have failed to reach a target. The fact is you tried and that alone makes you a hero.

Capricorn

Dec. 22 - Jan. 20

Most things seem to be going well for you and that's good, but the planets warn you must not get too content and drift along without trying. When things are going good, you should be aiming for great.

Aquarius

Jan. 21 - Feb. 19

Don't worry if you lose out over the next 24 hours because you will more than make up for it later in the month. If something seems to be slipping from your grasp let it go.

Pisces

Feb. 20 - March 20

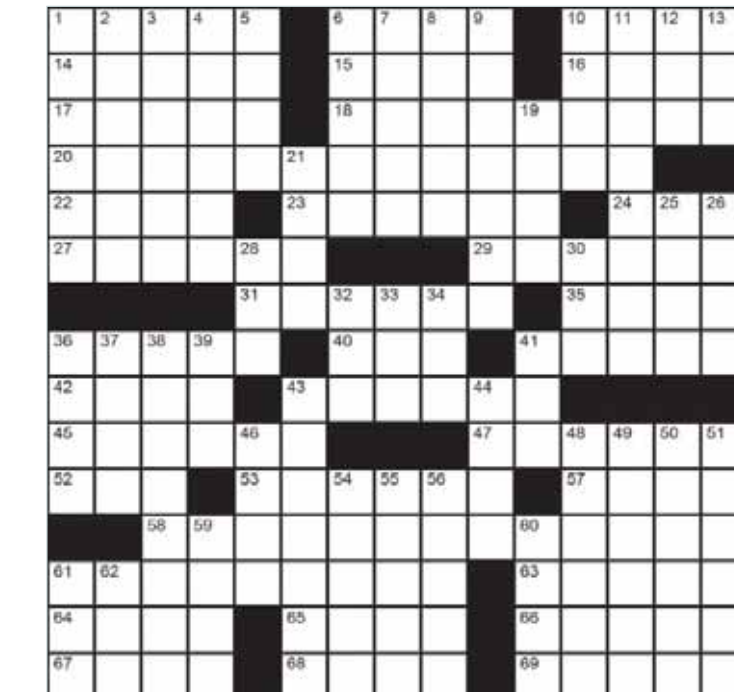
Steer clear of disputes that have nothing to do with you. The more others try to draw you into an argument, the more you must keep your distance. That applies especially to friendships and money — they don't mix. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. "Hey! I bet you can't..." sayer
6. Basketball: Miami

10. Caesar's 2101
14. Singer Ms. Cara
15. Paris pronoun
16. Mil. school
17. Georgia, for one
18. Is there any of 'it' out 'there' some-where?: 2 wds.
20. Montreal-based UN Agency... ICAO = International ____ Organization
22. Conniver
23. Minify
24. "Conan" cable network
27. Current
29. Official study
31. Patrick ____ (Zoe Saldana's Canadian co-star in NBC's miniseries adaptation of #58-Across)
35. "Makes sense.": 2 wds.
36. Chesterfields
40. Ms. Hagen
41. Do additional tailoring
42. "____ cost you!"
43. Like a rose
45. Commercial area of Venice
47. Trojan hero
52. Approx.
53. Speechmaker
57. Jazz singer Ms. Fitzgerald



58. Ira Levin's 1967 scary bestseller: 2 wds.
61. Surname of the married couple portrayed by the stars at #31-Across
63. Rock band, Death Cab for ____
64. 'Refer' suffix
65. ____ Canadian

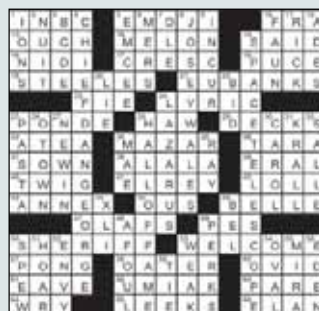
(Currency conversion choice)
66. Margarine
67. Ritzy retailer, ____ Fifth Avenue
68. Swinger's supplies?
69. Never happened or existed
Down
1. ____ Throw (Decath-

lon event)
2. Emily Carr, for one
3. Plunderer, archaically
4. Whole
5. Merry dance
6. Yo-____-ho! (Hoist, sailors, hoist!)
7. Arthur ____ Awards (Crime Writers of Canada annual

honours)
8. Handle
9. Shifts stableness
10. Saint-____ (1491 birthplace of French explorer Jacques Cartier)
11. Canadian apple
12. Li'l lunchtime locale
13. 'Chlor' suffix

19. Three squared
21. Alfred Hitchcock's wife played by Helen Mirren in "Hitchcock" (2012)
25. Marcia's "Desperate Housewives" role
26. From ____ to stern
28. Backstreet Boys member Mr. McLean's
30. ____ chart
32. "Well, obviously!"
33. ____ Z
34. Wreck
36. "Your majesty."
37. Mr. Redding
38. Newfoundland town
39. ____ inclusive
41. ____ bread
43. Removed, as a newspaper story: 2 wds.
44. Not
46. "____o", airing on MuchMusic
48. Dusty space cloud
49. Uplifts
50. Great Britain's archaic name
51. Declare, Bible-style
54. Create cheeriness
55. Flavour
56. Sweet 'sandwich' snacks
59. Venerated verses
60. Flat-bottomed vessel
61. Mr. Craven
62. "Bird ____ Wire" (1990)

Yesterday's Crossword

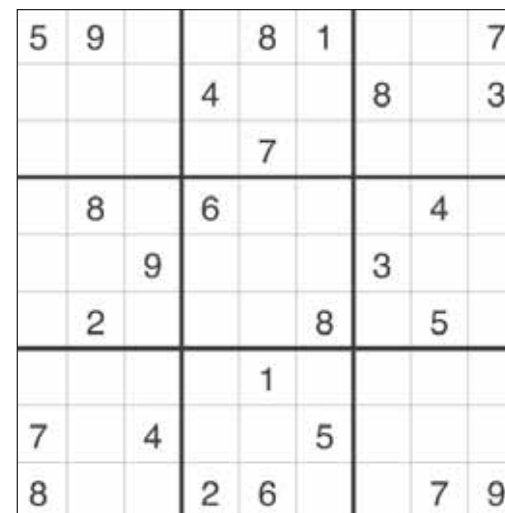


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

13°/2°

Showers

40%

Friday

13°/4°

Partly cloudy

Your #1 weather forecast now available in HD.

Check your local listings for details.

The Weather Network HD

TWN incorporates MSC data

SPRING HAS SPRUNG AT DARTMOUTH DODGE!

Take the whole CREW!
OVER 100 2014 RAM SERIES TRUCKS AVAILABLE!

ONLY
\$205
BI-WEEKLY



STOCK# 14RC3113

**2014 RAM
1500 SXT
CREW CAB
4X4**

- REMOTE START
- SXT APPEARANCE GROUP
- U CONNECT HANDS FREE
- REAR BACK UP CAMERA
- FOG LIGHTS
- TRAILER BRAKE CONTROL
- CLASS IV HITCH

**DARTMOUTH
DODGE
EXCLUSIVE
N/C REMOTE
START**

**WAS \$44,635
NOW
\$29,995**

ONLY
\$299
BI-WEEKLY



STOCK# 14RC0486

**2014 RAM
1500 LARAMIE
CREW CAB
4X4**

- REMOTE START
- 8.4" TOUCH SCREEN
- REAR BACK UP CAMERA
- POWER SUNROOF
- LEATHER INTERIOR
- TRAILER BRAKE CONTROL
- CLASS IV HITCH

NOW 10
**IN STOCK TO
CHOOSE
FROM**

**WAS \$59,455
NOW
\$42,920**

THESE AMAZING DEALS ARE ONLY AVAILABLE AT DARTMOUTH DODGE!



61 ATHORPE DRIVE, DARTMOUTH, NS
(902) 469-9050 **ddodge.com**

* Prices Exclude freight, taxes and Fees. Payments Include Freight, Taxes and Fees. OAC. All Rebates to Dealer